

# Turn setbacks into learning experiences

There's one thing successful people have in common. They learn from their mistakes. They may have just as many setbacks as others do, but they don't see their mistakes as failures. Instead, they always try to learn something from them.

When your child makes a mistake or runs into a problem, don't let her talk about being a failure. Instead, help her learn from the problem so she can do better next time. To help your child turn a mistake into a learning opportunity:

- *Make it a fun challenge.* If your child misses a math problem, help her see it as a puzzle to figure out. "Let's go back through the problem. Show me how you got that answer."



- *Give your child "permission" to make a mistake.* Some kids need everything to be perfect. Choose small things at first. "Let's see what happens if we add some peaches to this recipe. Maybe it'll taste great. If it doesn't, we'll know what not to do next time."
- *Praise your child for a solid effort.* Help her see that, over time, hard work does lead to success.