

Most parents and caregivers want their children to learn how to persist when approaching challenging tasks. We can do things at home and in our family to help.



Don't immediately step in to help when your child is struggling with something.

Let your child know you believe in their ability to learn new things and that you're available to help, when asked.



Tip: Encouraging Persistence

Model and describe your own persistence.

Let your child see you working at something difficult and describe times you've needed to persist in the past.



Tip: Encouraging Persistence

Help your child break
down big and hard
tasks into smaller steps.

Tip: Encouraging Persistence

Clean Your Room

Checklist



Make your bed.



Pick up toys.



Put shoes away.



Throw away garbage.



Put books on shelf.



Place dirty clothes
in hamper.

Recognize the effort
your child puts into a
task, not the result.

Tip: Encouraging Persistence


I can see you worked
really hard on this
painting!

You tried so many
different things while
building that tower!

That seemed really
easy for you.
Let's find something more
challenging so
your brain can grow!

Tell your child when you
see them sticking to a
difficult task.

Tip: Encouraging Persistence



You worked a long
time on putting that
puzzle together!

Encourage your child to try new and challenging things.



Tip: Encouraging Persistence

Resources

[6 Evidence-Based Ways to Encourage Persistence in Children](#)

[Stick With It: Encouraging Persistence in Kids](#)

[How Parents Can Instill a Growth Mindset at Home](#)