

A Fine Parent.com presents :

What Is Grit, Why Kids Need It, and How You Can Foster It



GRIT = PASSION + RESILIENCE + DETERMINATION + FOCUS

It allows a person to maintain the discipline and optimism to persevere in their goals, even in the face of discomfort, rejection, and a lack of visible progress for years or even decades.

Extensive research shows that grit is the common denominator among spelling bee finalists, successful West Point cadets, salespeople and teachers alike who not only stick with, but constantly improve in their performance.

TO FOSTER GRIT IN KIDS:

1 Help Them Find a Passion (or At Least an Engaging Activity)

- Let kids choose an activity (ballet, soccer, violin, karate etc.)
- Insist on regular practice
- No quitting allowed till the end of season
- Even if it isn't their "thing", this helps them learn the habits and traits of grit

2 Help Them Recognize That Frustration, Confusion and Practice Are Par for the Course

- Show kids the effort behind success every chance you get
- Praise effort, not end results
- Cultivate the "growth" mindset instead of a "fixed" mindset

3 Take Risks (and Tell Your Kids about It)

- Be a role model: challenge yourself to take risks
- Dare to show them your struggles along the way
- Discuss with kids the possibility of success and failure

4 Teach That Failure Is Not the End

- Intentionally create a family culture where failure is OK
- Insist on deadlines for actions that your kids are afraid to take
- If it ends in success, celebrate the effort and courage to get there
- If it ends in failure, discuss what they can change to succeed in the future
- Never quit in a valley

One thing we will try in our family this week

(Choose something from our action plans or something you've always meant to try)
