



Show your child how to deal with failure in positive ways

Sooner or later, your child will experience failure. The way you react to that failure can help shape his character and school success.

To help your child bounce back from setbacks:

- Remind him that you love him unconditionally. Your love isn't tied to his performance in school.
- Focus on the positives. Mistakes are actually opportunities for learning. Help your child think about what he can learn from these experiences.
- Praise what you can. "Most of your answers were correct on this test. That's an improvement."
- Be realistic. If you know he's doing his best and he still doesn't bring up a grade, don't let him think you are disappointed. Instead, focus on creating a plan for improvement.
- Move on. Don't dwell on the failure. When parents spend too much time talking about setbacks, children can have a harder time moving on.
- Don't argue with your child's teachers or coaches to try to get them to change a decision or a grade. Your child needs to learn to respect their decisions.
- Don't take over. If your child earned a low grade on a writing assignment, talk about ways to improve, but don't offer to write the next paper for him.
- Be a role model. Handle your own mistakes and failures in positive ways.

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