

# Keep Trying

When parents keep trying and offer encouragement, children learn to keep trying, too.  
Learning from mistakes helps us grow and keep trying as we face life's challenges.

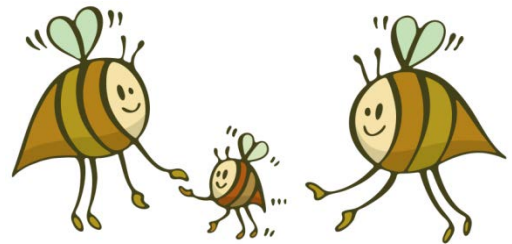
## SHARE your 'keep trying' outlook and patience with your child...

- **Offer encouragement**

- "I think you can do it. Keep trying."
- "You really want to learn how to do that."
- "Let's see how much you can do."

- **Show them that mistakes are OK**

- "Everyone makes mistakes. That's how we learn."
- "That's OK. Mistakes help us know what to do differently the next time."



- **Tell them progress takes practice**

- "You may not get it right the first few times, but that's OK. It takes practice to learn new things."
- "You kept trying to put the puzzle together. And, look, you only have a few pieces to go!"

- **Talk about how you keep trying**

- "First, I get the broom, and the dustpan, then I sweep, and then I put the dirt in the trash can."
- "I am so glad I kept trying. Look, I learned how to fix the lamp."

- **Point out people or characters who keep trying**

- "Look at the baby learning to walk. She keeps falling down, but then she gets back up."
- "The little red engine kept on trying. It was hard, but he finally got up the hill."

## ASK your child about trying...

- "How about trying again? I think you can do it"
- "What do you need to help you start?"



## PAUSE and THINK about different times you can encourage your child...

- When your child is playing
- Learning something new
- Getting dressed
- When s/he is frustrated or discouraged

## AND babies and toddlers, too!

- Give them lots of time and encouragement as they practice new skills. "You almost reached your rattle! Try again. There, you got it!"
- Help them learn new things one small step at a time.

**More FREE online resources to build your child's resilience**

[www.reachinginreachingout.com/parents](http://www.reachinginreachingout.com/parents) (videos, books, parent stories, articles, newsletter and more)