

ANOKA-HENNEPIN SCHOOLS

## Parenting Education and Family Engagement

Working together to help students be successful in school.

### Promoting Perseverance

Perseverance is when someone continues to work on a task, even when it gets difficult. This skill is something that we are not born with but needs to be encouraged and modeled. Here are some strategies to help build perseverance in your child:

- Let your child make mistakes.
  - See mistakes as opportunities to learn.
  - Point out when you make mistakes, how you feel and
    - What you are going to do to fix that mistake.
  - Help your child realize that everyone makes mistakes but what is important is to keep trying.
- Share a story of when you had to persevere. Discuss what parts were challenging, what or who helped you and what steps did you take to overcome that challenge?
- Break up a big task into small, achievable tasks.
- Praise your child's effort.
- Read stories about perseverance.
  - *Ruby's Wish* by Shirin Yim Bridges
  - *A Beautiful Oops* by Barney Saltzberg
  - *Leo the Late Bloomer* by Robert Kraus
  - *The Curious Garden* by Peter Brown
  - *The Salt in His Shoes* by Delores Jordan & Roselyn Jordan
- Encourage your child to stop saying can't. Instead encourage them to say, "I can't do it, YET."
- Do activities that encourage your child to persevere when given a setback. Ex: building blocks, puzzles, games like *Sorry*, *Trouble*, *Chutes and Ladders*, *Candyland*.



Source: How to Encourage Perseverance in Your Child, Families on the Homefront

Retrieved from: <https://familiesonthefront.com/how-to-encourage-perseverance-in-your-child/>

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