Grow Play Learn

School Readiness at Glendale Public Library

Taking on Challenges

Taking on Challenges helps in learning how to be resilient and how to persist through difficulties and stress.

Model Resilience and How to Cope with Stress

- When working with your child through mistakes or mishaps, avoid immediately placing blame. Instead, encourage them to take a problem-solving approach. Invite them to think of solutions. Start with: "Can you think of a different way?"

- When you hear, "I can't tie my shoes" or "I can't read," teach your child to add the word "yet" to the end of these sentences: "I can't tie my shoes '*yet*'" and "I can't read '*yet*.'" This one word turns the obstacle into an achievable goal!

Praise Effort and Strategies, Highlight a Growth Mindset

- It's not always about winning. Remind them that doing their best is the real win. Tell your child that when they are struggling to do something, the important thing is to continue learning and improving—not to do things exactly right.

- Instead of saying, "You're so smart!" praise the process itself. By praising effort, you will encourage children to challenge themselves, take risks, try, and continue learning and growing.

Present a New Concept or Idea

- Build challenge-taking skills by encouraging children to take reasonable risks. Go to the playground and practice climbing, swinging, and sliding, or learn how to ride a bike or skate.

- Model how you approach a challenge, like a new hobby, then break down your approach into obtainable milestones. Talk about mistakes and how you worked through them.

Find a list of books that feature Taking on Challenges at http://bit.ly/growplaylearn

Glendale Main Library	Foothills Library	Velma Teague Library	Heroes Regional Park Library
5959 W. Brown St. Glendale, AZ 85302	19055 N. 57th Ave. Glendale, AZ 85308	7010 N. 58th Ave. Glendale, AZ 85301	6075 N. 83rd Ave. Glendale, AZ 85303

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