

# 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
- Getting dressed
- Learning something new
- When they are frustrated or discouraged



## AND babies and toddlers too!

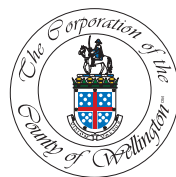
- Give them lots of time and encouragement as they practice new skills. "You almost reached your rattle! Try again. There, you got it!"
- Help them learn new things one small step at a time.

### Reaching IN...Reaching OUT<sup>™</sup> (RIRO),

is a set of resilience skills trainings designed to strengthen well-being and resilience in adults and children through role modeling and relationships.



Learn more at [www.wellington.ca/riro](http://www.wellington.ca/riro)



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You've  
got this!



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