



WHAT DOES IT MEAN TO BE INTELLIGENT?



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi

 genially

 Co-funded by
the European Union

TIPS AND RECOMMENDATIONS



VARY THE EXPERIENCES

Propose a variety of activities: board games, reading, gardening...

3



1

VALUE THE EFFORT

"Great job for your
consistent work!"
rather than "You
are smart!"

X

SET ACHIEVABLE GOALS

Teach your child to divide large tasks into small manageable steps.

4





5

LEAD BY EXAMPLE

Share how you learn
from your own challenges
and mistakes.

TURN FAILURES iNTO LEARNING OPPORTUNITIES

2

Limit visual and auditory distractions. Use focusing techniques like mindfulness meditation.





Parenting Success
Network



"Mindset: The New
Psychology of Success" -
Carol S. Dweck



Vroom



Mindset
Works



"How to Raise
Successful Kids Without
Over-Parenting" - Julie
Lythcott-Haims (TED
Talk)



VROOM

Vroom is a free app and website that provides daily brain-building activities for parents to do with their young children. It offers simple, science-based tips to boost early learning during everyday moments.



MINDSET WORKS

Mindset Works is an organization founded by Carol Dweck that provides resources, tools, and training on growth mindset for parents and educators. The site offers guides, articles, and webinars to help parents integrate the principles of growth mindset into their parenting.



"MINDSET: THE NEW PSYCHOLOGY OF SUCCESS" - CAROL S. DWECK

This influential book explores the concept of growth mindset and how parents can foster it in their children. It's available as an e-book and audiobook on various platforms such as



"HOW TO RAISE SUCCESSFUL KIDS WITHOUT OVER-PARENTING" - JULIE LYTHCOTT-HAIMS (TED TALK)

Julie Lythcott-Haims, former Dean at Stanford, discusses the dangers of hyper-parenting and how parents can better support their children's autonomy, resilience and growth mindset. An inspiring talk for those who want to encourage their children to take initiative and learn from their mistakes.



PARENTING SUCCESS NETWORK

This site offers science-based resources and tools for parents to support their children's cognitive and emotional development. It provides research-backed information on brain architecture, executive function, and resilience

