

COMMON PHRASES ADULTS SHOULD RETHINK



“I’M JUST NOT A MATH PERSON.”

Say: “Hmm . . . this is tricky, but let’s see if I can figure it out. It’s okay if I make mistakes along the way, right?”

Do: Actively try to figure out the problem you were trying to solve. Share your thought process aloud while you figure it out, including any mistakes you make. It’s okay if you need to get help!

WHY

This phrase is a big no-no!

It falsely indicates that some people are just math people” and others aren’t. It does not support a growth mindset. If you are a female parent, it further supports stereotypes that women are not good at math.

“THAT’S A DADDY ACTIVITY” OR “THAT’S A MOMMY ACTIVITY”



Say: “I’m going to do this with you today instead of Daddy –isn’t that exciting?”

Do: It’s great to have special time with one parent—but consider switching up the normal parenting routines and activities! If one parent is usually the one who plays sports with the kids, for example, let the other jump in! Be especially aware of this when it comes to STEM routines, such as helping with math homework, doing science experiments, and playing with LEGOs.

WHY

Whatever you are referring to, from playing with LEGOs, to practicing ballet, baking cookies, or working on math homework, making something only a “Mommy” or “Daddy” activity reinforces gender stereotypes about which activities are meant to be done by males or females.

“I GIVE UP” OR “I DON’T EVEN WANT TO TRY TO FIGURE THAT OUT”

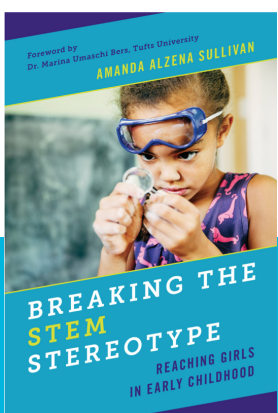


Say: “This is really, really, hard! Part of me wants to stop trying but I know I will feel SO good when I figure this out!”

Do: Keep trying to solve the problem or issue you were working on! Narrate your problem-solving process out loud. Remember, it is fine to take breaks and return to the problem later.

WHY

A big part of STEM is persistence through challenges and staying goal-focused. Giving up when the going gets tough (or not even trying to begin with) does not model a positive, self-motivated, problem-solving approach.



**BREAKING THE STEM STEREOTYPE
REACHING GIRLS IN EARLY CHILDHOOD**
by
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bit.ly/stemstereotype

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