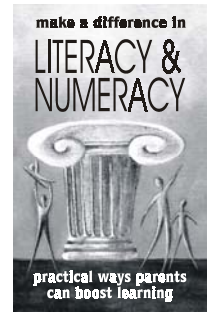


## **Boost learning with proven parenting strategies**

For students in junior and middle grades



### **Ways to boost learning**

Here are a few key things to remember as you encourage your child to learn:

- How you say it is as important as what you say.
- Children need to be taught why certain values are important.
- Avoid *why* questions, use *how* or *what* questions instead.
- Always speak to your child with the same respect you wish him to demonstrate to you.
- Children learn from your actions and your words all the time.

### **Help your child build self-acceptance and self-confidence**

Because we live in a constantly changing world, it is important to help children boost their own self-esteem rather than counting on others to define personal self-worth.

To build self-acceptance and self-confidence:

- give hugs, pats on the back and a caring shoulder to cry on when necessary
- have time during the week for all family members to be together to share experiences and just talk
- regularly tell your child she is loved and respected
- model emotional closeness in your marriage (or other relationships) for your child to observe
- say 'no' to requests for new 'fad' items he wants just because everyone else has them

### **Help your child work toward goals**

Success is usually attained by overcoming hardships, obstacles and setbacks. To help your child overcome these and work toward goals:

- limit his activities to doing fewer things well instead of many things superficially
- support persistency and commitment in what she does with positive feedback and encouragement
- help your child accept failure and use setbacks as learning experiences
- avoid taking over when he is experiencing a problem and help him assume personal control of the situation

### **Help your child develop a strong work ethic**

There is a connection between work skills and attitudes and your child's success as an adult. To help your child develop a strong work ethic:

- have her do regular chores
- encourage him to earn extra money through odd jobs and activities
- avoid giving out cash when she asks for it
- engage in co-operative work projects to model good work habits
- avoid paying in advance for work unfinished or for projects poorly done

More on reverse

## **Teach your child good manners and social sensitivity**

An understanding of people and social skills is key to being successful at work and in relationships. To help teach good manners:

- ask him to be polite and show good manners in public and at home
- model good manners even when you are frustrated – especially when speaking to your child
- get people together to talk out problems and find solutions
- avoid excusing her rude or disrespectful behaviour just because she is young, funny, cute, frustrated or angry
- discuss how to control negative emotions

## **Help your child get organized**

Everything we do requires time management and organizational skills. To help your child get organized:

- have places for him to put away his homework, notices from school, etc.
- have established routines for completing homework, chores, bedtime, television time, etc.
- engage her in sorting activities, such as doing laundry, cleaning up rooms, changing clothing from one season to another
- check and sign your child's agenda and write back to the teacher if you or your child are unsure about something
- have him help you make shopping lists, plan trips, etc.

## **Model and practice learning how to learn**

It is important to show your child that your family values learning. Here's how you can do that:

- Play board and card games together
- Try to learn new things together, such as building a book case, cooking a recipe, etc.
- Discuss issues in the news, ideas and interesting facts together
- Read and research together regularly
- Keep diaries of trips and important events