

11 WAYS PARENTS CAN HELP WITH LEARNING

(or inadvertently hinder it by not doing these things)

Old habits may be hard to break but new habits get new results while old habits get old results.

1. Provide **verbal and physical praise** for doing well in school and for *attempts to do well*.
2. Set up a **system of rewards** when your learner does well or makes a good attempt to do well. Make sure the rewards that you select are something *your learner values* and not something *you think they should value*.
3. Create a **home environment conducive to reading, learning and studying**. Provide a desk, reference books, writing materials, **quiet**, and family study time where **everybody** reads or studies together for 1 to 2 hours per evening.
4. **Gently** make clear that **you expect your learner to do well**. Tell them that you take pride in their performance and that you want to boast about his/her performance to friends and relatives.
5. **Offer to help** in the learning process. You don't have to be an "expert on a subject" to help with quizzing from notecards, self-testing, explaining when you can, developing mnemonics, and providing praise and encouragement.
6. Clearly **demonstrate an interest** in your learner's education by attending PTA meetings and teacher meetings.
7. **Attend after-school functions** *especially* where your learner is involved.
8. **Be open about your personal educational success and failures**. Recount the benefits or the disadvantages you have experienced as a result.
9. Allow your learner to see that you are **investing in your learner's future** through a savings account or other provisions for college or technical school expenses.
10. **Listen with your mouth closed** when your learner talks about successes, failures, and problems at school. Ask what your learner would like you to do: get involved, just be a good listener, give sympathy, be supportive, give advice, etc.?
11. **Unless your learner has a balanced diet sufficient enough to supply all the nutrients absolutely essential for learning and remembering, all the learning skills, counseling, tutoring, and teaching in the world won't do much good.**