

10 Tips For Parents – Another Perspective

As parents, we are always focusing on what we should do to assist our children's education. But sometimes it's also worth thinking about what you shouldn't be doing that we might do subconsciously.

Here is a list of 10 things that you should try not to do.

Don't:

1. Just Be A Spectator

- Actively take part in your child successes and failures.
- Praise good behavior to reinforce it and provide encouragement when they are not doing so well.
- Ask about homework and assignments, don't just wait to hear their grades at the end of the term or year.
- Start dinner conversations or chat in the car about your child's studies and ambitions.

2. Reinforce Negative Thinking

- This seems obvious, but even saying something like "they're just not good at Maths" is a big No-No.
- Everyone can be good at Maths with enough practice, even if it is not second-nature.
- Don't discount any extenuating circumstances that might affect their study and results.
- Rephrase negative thoughts such as "I can't" to positives such as "I'm working on" or "I can improve."

3. Ignore Bad Habits

- Stay on top of procrastination, "I'll do it later" is never a suitable excuse.
- Make sure they are not lying down or studying in a place that they normally use to relax.
- You want studying to be done efficiently and effectively (outside time used for relaxation or socialising).

4. Interrupt Good Habits

- Try not to interrupt your child's study for chores or dinner, if possible.
- Sometimes students just need a break, it's hard to concentrate for a long period of time.
- If they have finished their work for the day they don't need to study just for the sake of expending time.

5. Overlook Anxiety & Nervousness

- Students may fear failure, but often they are their own worst critic.
- Help them to overcome small insecurities and focus on working towards the bigger picture.
- Don't be a scape goat for your child to skip school or miss assignments because they are afraid of the result.
- These habits may make relieve anxiety in the short term, but will create a bigger problem in the long run.

6. Focus On The Negatives

- If you know your child has put in the effort to study but it doesn't show in their results, don't punish them.
- Come up with new and creative ways for them to learn. There may be a better way to use their time studying.
- Remember that one bad grade is not a reflection of your child's ability or potential.
- Turn phrases like "It's too hard" into positives like "With some practice I can... / I will / I'm improving"

7. Force A Subject Or Career Path On Your Child

- Listen to your child's passions and encourage studies that they excel in.
- If your child is not interested in Mathematics and Sciences, don't push them toward engineering etc.
- Be open to all potential career paths, we live in an ever changing world.
- What pays today may not even be a career tomorrow. Encourage your child to do what they enjoy.

8. Set Unachievable Standards

- Make sure you are setting 'SMART' goals for your child, they're input into these goals is essential.
- SMART goals are - Specific, Measurable, Achievable, Realistic, and Timely.
- Remember that life outside of school exists. Diet, rest, exercise, and a healthy social life are all important.

9. Allow Inappropriate Use Of Technology

- It's very easy to get distracted with Facebook, Netflix and Spotify when you're studying on a computer.
- Multi-tasking with studying and watching TV is another poor use of time, first study then watch TV.
- Technology should be used as a reward, or if a computer is required, make sure they stay focused.

10. Forget That You're Not Alone

- If you can't get your child to cooperate, you can always utilise their school.
- Teachers, Guidance Counsellors and Tutors are all there to help your student achieve their best.