

Improve Your Child's Performance

Patient Information



Parents often struggle to communicate with their children in an effective manner and face challenges in trying to improve their performance. Below are some ways for parents to overcome these challenges and improve communication with their children.

Talk to your child and identify the problem. There could be a number of reasons your child is struggling. They might be finding school material difficult, or feeling overwhelmed with school and extracurricular activities. Talking and listening to them plays an essential role in children's school success. By hearing parents and family members talk, and by responding to adults, young children pick up the language skills.

Be proactive. If you know your child falls behind in their schoolwork or does not perform well in school, talk to the teacher immediately. A strong collaborative approach between the parent and teacher can help the child do better.

Develop a partnership with the school teacher and school staff. As soon as the school year starts, try to find a way to meet your child's teacher. Let the teacher know you want to help your child learn. Make it clear that you want the teacher to contact you if any issue develops concerning your child.

Make your expectations clear and stick with them. Did your child's grades drop? You may consider taking away some of their privileges. Get in contact with their teacher, too, and inform them of the expectations you have set for your child.

Create a routine. This should include homework time after school and dinner together – without phones. This can be difficult, but you as parents and guardians should have control and set screen-time rules for phones, video games, TV and other devices.

Don't always believe everything your child tells you. Children, when under stress, may be inclined to stretch the truth or be dishonest. For example, if they are failing a course, they may be inclined to tell you that the teacher doesn't like them, but in truth, they might be experiencing learning or behavioural problems. In such cases, try to explore the issue further and have honest conversations with your child, and the adults involved to get the facts.

Support your child academically. Ask the teacher how well your child is doing in class compared to other students. If your child is not keeping up, especially when it comes to reading, ask what you or the school can do to help. It is important to act early before your child gets too far behind. Let your child know that you think education is important and that homework needs to be done each day. You can help them with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time.

Support your child's learning at home. What you say and do in your daily lives can help children develop positive attitudes toward school and learning, and build confidence in them. Showing children how you use education in your daily lives and your decision making, provides them with powerful models.

Encourage active learning. In addition to quiet learning such as reading and doing homework, children need active learning as well. Active learning involves asking and answering questions,

solving problems and exploring interests. Active learning can also take place when your child plays sports, spends time with friends, acts in a school play, plays a musical instrument or visits museums and bookstores.

Get informed and be an advocate for your child. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may include: What specific problem is my child having with reading? What can I do to help my child with this problem? How can I stop that bully from picking on my son? How can I get my child to do homework? Which reading group is my child in?

Following the above can help you help your child improve their performance and overcome everyday challenges.