

Supporting Your Child at Home With Their Learning

Parent Connect Session

25th February 2021 at 7.00pm



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A woman with long brown hair, wearing a red top and grey pants, is leaning forward and pointing her right hand towards a body of water in the distance. A young boy in a blue shirt and khaki pants stands next to her, looking in the same direction. They are positioned in front of a chain-link fence. The background shows a large, calm body of water under a clear blue sky. The text "Parents are a child's FIRST and most important teachers." is overlaid on the right side of the image. The word "Parents" is in green, "FIRST" is in blue, and "most important" is in green script. "are", "a child's", "and", "teachers.", and "One Time Through" are in white.

Parents are
a child's **FIRST** and
most important
teachers.

One Time Through

The benefits of practice...

- Young people can be discouraged if they don't get the hang of something straight away, so encourage them to keep trying.
- **Young people need to understand that most people have to practise when they're learning something new.**
- If something is difficult, it's an opportunity to learn, not a sign that it's not for them.



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Failure isn't the end of the world...

- Children can fear failure so much that when something goes wrong, they give up rather than having another go.
- **Effective learners aren't afraid of failure; in fact, they're proud of their mistakes and how they've overcome them.**
- Create an environment where your child can talk openly about what they're struggling with, so you can work together to find ways to overcome the problem.



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Help them find their learning style...

- Learning is not a 'one size fits all' experience. **You can help your child learn more effectively by helping them identify works for them, and for different tasks.**
- Teachers help children discover the strategies that work for them. What you can do is help our children to have the motivation to explore and experiment with the strategies that are being shown to them.



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Encourage them to push themselves...

- **Effective learners don't sit in their comfort zone and get 100% every time, they aren't afraid to push themselves.**
- They're uncomfortable if things are too easy, and given a choice of tasks, will choose the harder ones.
- You can help by suggesting that they complete homework extension tasks, not just the basic activity, and praising them for having a go at something difficult, even if they don't get the right outcome.



Avoid comparisons...

- We all want to know how well our child is doing in relation to their peers, but it's important not to fall into the trap of making comparisons.
- **When children get used to looking at those who have done less well than them to build their self-esteem, they can be knocked back if someone else is doing better.**
- Instead of comparing your child to the rest of the class, get used to measuring them against their own progress.



Teach them to ask for help...

- Children – particularly high achievers – may be reluctant to put their hand up in class and ask for help, and while it can be good for them to try to work things out on their own, it's important that they know it's OK to find things difficult.
- **Teach your child that asking for help is a good thing.** If they're reluctant, it might be worth having a word with their teacher so they can encourage them to speak up if they need a hand.



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Praise the process...

- **To help young people become effective learners, we need to make sure we're praising the right things.** Give positive feedback for progress, effort and achievement, rather than their ability.
- Celebrating effort, process, outcomes and perseverance focuses your child on their growth, and will help them learn to value the skills that will serve them well when they face a challenge.



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