

Solutions

FAMILY SERVICES EMPLOYEE ASSISTANCE PROGRAMS NEWSLETTER

Issue 24

Helping your child look forward to school

'I hate school!' No parent wants to hear their third grade daughter yell out these words on a regular basis. Your first grader conveniently forgets to bring home his homework every day of the week. Your 10 year old daughter complains every morning that she is too tired to go to school. These are all very real roadblocks that parents just like you encounter on a daily basis. To avoid heavy consequences, there are some steps you can take to help your child look forward to school each day, rather than loath the mere thought of it.

Check with the school

Talk to your child's teacher

Are there behaviour issues you are not aware of? Is your child picked on by other students? Does she act out as class clown? Get involved, set up a meeting with your child's teacher.

Talk to your child

Ask him if he learned anything new today. Ask about his friends and the activities on the playground and at recess. If your child rides the bus, ask where he sits and why. Try to nonchalantly get the inside scoop.

Be positive

It can be extremely trying when a child refuses to cooperate. Try to keep a positive attitude. Remember who is the grown up and set a good example.

Focus on the things your child did right

If her homework is sloppy, don't criticize the handwriting, instead commend her for completing it. If her clothes don't match, tell her how proud you are of her getting ready for school on time, rather than criticizing her fashion blunder.

Listen to yourself

Are you constantly barking out commands and orders? Do you compliment your child when he is playing nicely with his siblings? This is such a hard thing to overlook, try to make a point to compliment your child at least 3 times a day.

Homework help

If your child seems to be struggling with her homework and does not seem to 'get it', help break it down into simpler terms.

- ◆ Use visuals to help demonstrate how an equation works. For example, if she needs to add $3 + 3 + 5$, find the designated number of objects and line them up on the table. Use 3 oranges, 3 apples and 5 cans of soup. Ask how many items there are on the table. Then ask how many oranges, how many apples and how many cans of soup.
- ◆ If its reading your child is struggling with, help break larger words down into smaller words. If he is unable to reach the word 'boysenberries', place your finger over the letters 'senberries' and ask your child to read 'boy'. Then cover 'boy' and 'berries' and so on.

Family Services

offers confidential professional assistance on a wide variety of personal and work-related issues.
For more information on your EAP, call **1-800-668-9920**

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