

8 SIMPLE WAYS YOU CAN HELP YOUR CHILD LEARN BETTER



1. LEAD BY EXAMPLE

Grow with your child and show them that we're all lifelong learners. Let them see you reading and talking about what you read. Remember that your child is watching what you do and will copy the good and the bad.

2. TALK POSITIVELY ABOUT SCHOOL

When they hear you talk positively, it shows them that school is important, that learning is valuable and that you are setting high standards for them to meet.

3. PRACTICE BEING PROMPT

Children need to be at school on time every school day, so set high standards by leaving early for your own appointments.

4. MAKE THE HOME A SAFE PLACE

Children learn best when they know they are loved and secure.

5. CREATE A LEARNING SPACE WITHIN THE HOME

It's hard to concentrate on homework with the TV on so create a space your child can retreat to whenever she/he needs peace and quiet to think.

6. SET ROUTINES WITH YOUR CHILD

Help them get into the habit of getting 8 hours sleep and using an alarm clock to get up on time. A child needs 8 hours of sleep a night.



7. PROVIDE HEALTHY FOOD (AND EAT IT YOURSELF)

As the saying goes, 'Junk in, junk out'. Coke and chocolate milk do not help your child's brain function well, water is the best choice. Your child's brain needs the nutrients from healthy food to work effectively.

8. REALISE YOU ARE THE BIGGEST INFLUENCE ON YOUR CHILD

School and teachers can only work with what you have already done for your child. It's up to you.

Pick 2 of these tips and start on them today.
Keep going to give your child a head start at school.
It's all free and you are the key!

