

Empowering Your Child to Succeed at School:

Strategies for Parents



Presentation developed by LAUSD
Psychological Services

A Look Ahead... Objectives

- Parenting styles
- Innate temperaments
- Tips for parents



Parenting Styles

- The majority of our parenting skills or style is learned from our own parents and how they parented us
- We also learn from other important people in our lives
- Culture plays into our parenting style
- Economic background may be a contributing factor

Parenting Styles

- Authoritarian
- Authoritative
- Permissive
- Uninvolved



Authoritarian Parenting



This Style of Parenting:

- expects children to follow the strict rules established by the parents
- implements punishment when children fail to follow rules
- fails to explain the reasoning behind rules
- upholds high expectations, but fails to be responsive to their children

Authoritative Parenting



This Style of Parenting:

- establishes rules and guidelines in a more democratic manner
- is responsive to children's needs and is willing to listen to questions
- allows parents to be nurturing and forgiving rather than punishing when children fail to meet parental expectations

Permissive Parenting

This Style of Parenting:

- places very few demands on children
- rarely disciplines children due to low expectations of maturity and self-control
- tends to be nontraditional and lenient
- does not require mature behavior
- allows considerable self-regulation and avoids confrontation



Uninvolved Parenting

This Style of Parenting:

- places few demands, has low responsiveness, and little communication
- fulfills their child's basic needs, but parents are generally detached from their child's life
- rejects or neglects the needs of their children, in extreme cases



Parenting Styles – a Summary



<https://www.youtube.com/watch?v=P3g0khD4ix0>

Temperaments: Nature vs. Nurture

- Our temperaments are pre-disposed at birth

- Shy vs. Outgoing
- Passive vs. Active
- Flexible vs. Strong-willed



- Parenting styles can contribute towards a child's temperament by suppressing, exacerbating, and/or enhancing them.

Temperaments: Nature vs. Nurture



Temperament



Character

Developing Positive Parent/Child Relationships

- Be clear and consistent
- Establish boundaries
- Be respectful
- Be fair
 - Take into account your child's developmental level
 - Have the consequence match the act

Developing Positive Parent/Child Relationships (continued)

- Talk to your child
- Read to your child and tell them stories
- Praise your child for accomplishments (encourage vs. embarrass)
- Set limits

Promoting Positive Sibling Relationships

- Mild sibling rivalry is typical
- Be mindful of each child's developmental stage
- Encourage sharing of toys and belongings
- Teach children that they must ask to use other's belongings

Promoting Positive Sibling Relationships (continued)

- Praise your child when they do well, but be sincere with your praises
- Be specific with your compliments
- Celebrate small achievements
- Accept honest mistakes
 - use these opportunities as...
 - teaching tools for you and...
 - learning experiences for your child

Promoting Positive Sibling Relationships (continued)

- Allow your child to make choices
- Be honest
- Keep your promises



Promoting Positive Sibling Relationships (continued)

- Allow siblings to settle their own disagreements
- Encourage children to express their feelings with words
- Praise individual strengths and accomplishments and avoid comparisons
- Spend quality time with each child whenever possible

Strategies for Family Bonding Time

- Set family rules
- Set schedules but allow for flexibility
- Eat as many meals together
- Set "family fun" activities
- Limit electronic gadgets for both children and parents (TV, video games, phone, iPads, etc.)



Encouraging Nutritious Eating Habits

- Make fruits and vegetables part of your meals
- Make water a choice to drink
- Set breakfast, lunch and dinner times if possible
- Encourage healthy snacks



Creating a Productive Learning Environment

- Allow children a quiet space for homework time, whenever possible
- Have materials ready (pencil, assignment, eraser, etc.)
- Allow your child to do his/her own homework by themselves
- Make yourself available to clarify questions or review information



Creating a Productive Learning Environment (continued)

- Provide your child with timers (to help with time management)
- Help your child with organization of materials
- Avoid as many distractions as possible during homework time (i.e. TV, radio, etc.)



Cultivating Positive Sleeping Habits

- Try to be consistent with bed time
- Establish a routine to prepare for bed time (bath, brushing teeth, reading)
- Remember that children need 10-12 hour of sleep, depending on their age
- Remember that most adults need 7-8 hours of sleep



Promoting Healthy Practices

- Encourage your child to play outside vs. watching TV or playing video games
- Go on walks with your child
- Encourage your child to participate in school sports/activities
- Set the stage for the academic week on Sunday evenings



Fostering Healthy Social Skills in Your Child

- Try to think positively and encourage your child to do so as well
- Encourage your child to respect others through their words and actions
- Talk to your child about manners and being kind to others



Fostering Healthy Social Skills in Your Child (continued)

- If you have a concern or complaint about your child's teacher, speak to the teacher in private rather than expressing it in front of your child
- Encourage your child to share and be responsible for his/her actions
- Assist your child in distinguishing between disagreeing vs. fighting
- Avoid arguing or fighting in front of your child

Fostering Healthy Social Skills in Your Child (continued)

- As parents, provide a united front by giving your child the same answer
- If you as parents are not in agreement, provide your child an answer after you discuss the situation further in private
- If there are grandparents in the home or other extended family members, encourage them to support you

Developing an Alert and Happy Child

- Make sure your child is well rested
- Give yourself some alone time in the morning
- Allow yourself plenty of time to get your task completed in the morning
- Set an alarm to music or allow your child a wake-up call before you want him/her out of bed
- Have clothes set out the night before

Developing an Alert and Happy Child (continued)

- Have your child's backpack ready by the door
- Allow plenty of time for your child to eat breakfast whether eating at school or at home
- Remind your child that you love him/her
 - Verbally
 - Putting a note or small treat in their lunch
 - A hug or a kiss

Important to Know

- Children are resilient and love their parents
- As parents we are our child's greatest role model
- Parenting is a rewarding and life-long learning process



Questions/Discussion




