

Ideas for parents to support success in School

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What does success mean?

Success/sək'sɛs/*noun*

‘the accomplishment of an aim or purpose’



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Aims of the session;

Promoting children school readiness and getting children ready to learn

- Identify the skills children need to be ready to learn
- Identify how parents can encourage their children's development of important peer friendship skills, such as being cooperative, sharing and helping friends, waiting, and taking turns.
- Identify how parents can promote their children's language and emotional regulation skills by building emotion vocabulary and strengthening their understanding and expression of feelings.
- Identify how to encourage children's academic school readiness by promoting not only their understanding of numbers, colours, and shapes, but also by expanding their attention span and building their self-confidence in their abilities.



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" Parenting
wouldn't
be so hard
if I didn't
care how
my kids
turned out. "



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What behaviours are we trying to promote?

- ▶ Independence
- ▶ Resilience
- ▶ Concentration
- ▶ Listening skills
- ▶ Turn taking
- ▶ Accepting authority
- ▶ Having a go
- ▶ Accepting failure
- ▶ Trying their best
- ▶ Problem solving
- ▶ Focus
- ▶ Cooperation
- ▶ Caring
- ▶ Volunteering
- ▶ Sitting still
- ▶ Helping
- ▶ Sharing
- ▶ Waiting
- ▶ Empathy
- ▶ Following instructions
- ▶ Self Confidence
- ▶ Playing well with peers

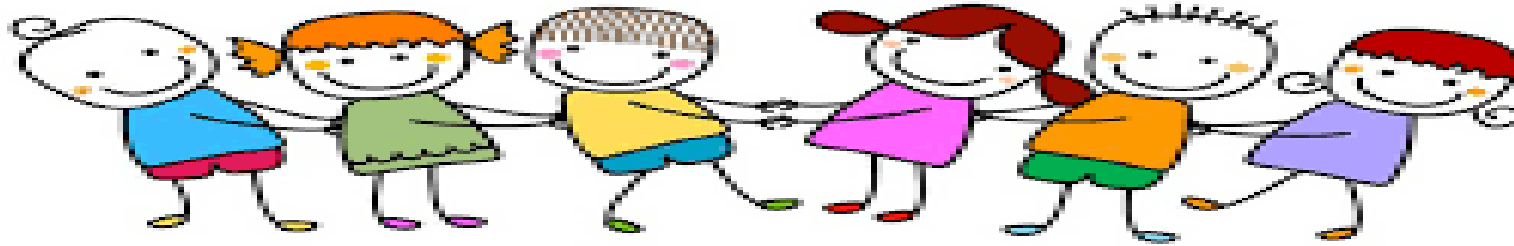


Where do children learn these behaviours?

- ▶ School
- ▶ Peers
- ▶ Parents
- ▶ TV
- ▶ Siblings
- ▶ Grandparents
- ▶ Others?

How do children learn?

TO Play Is To Learn



Why do some take longer than others to learn these skills?

- developmental factors that might contribute to challenging behaviour
- significant events that might have occurred in a child or young person's life
- environmental factors can influence behaviour such as home, peers, friends, neighbourhood, school practices



Why do children behave the way that they do?

All Behaviour is communication



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What do they want?

Attention!

When do they want it?

Now!



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Positive vs. Negative Attention

Positive Attention

- Play
- Listening
- Praise
- Smiles
- Positive touch
- Talking

Negative Attention

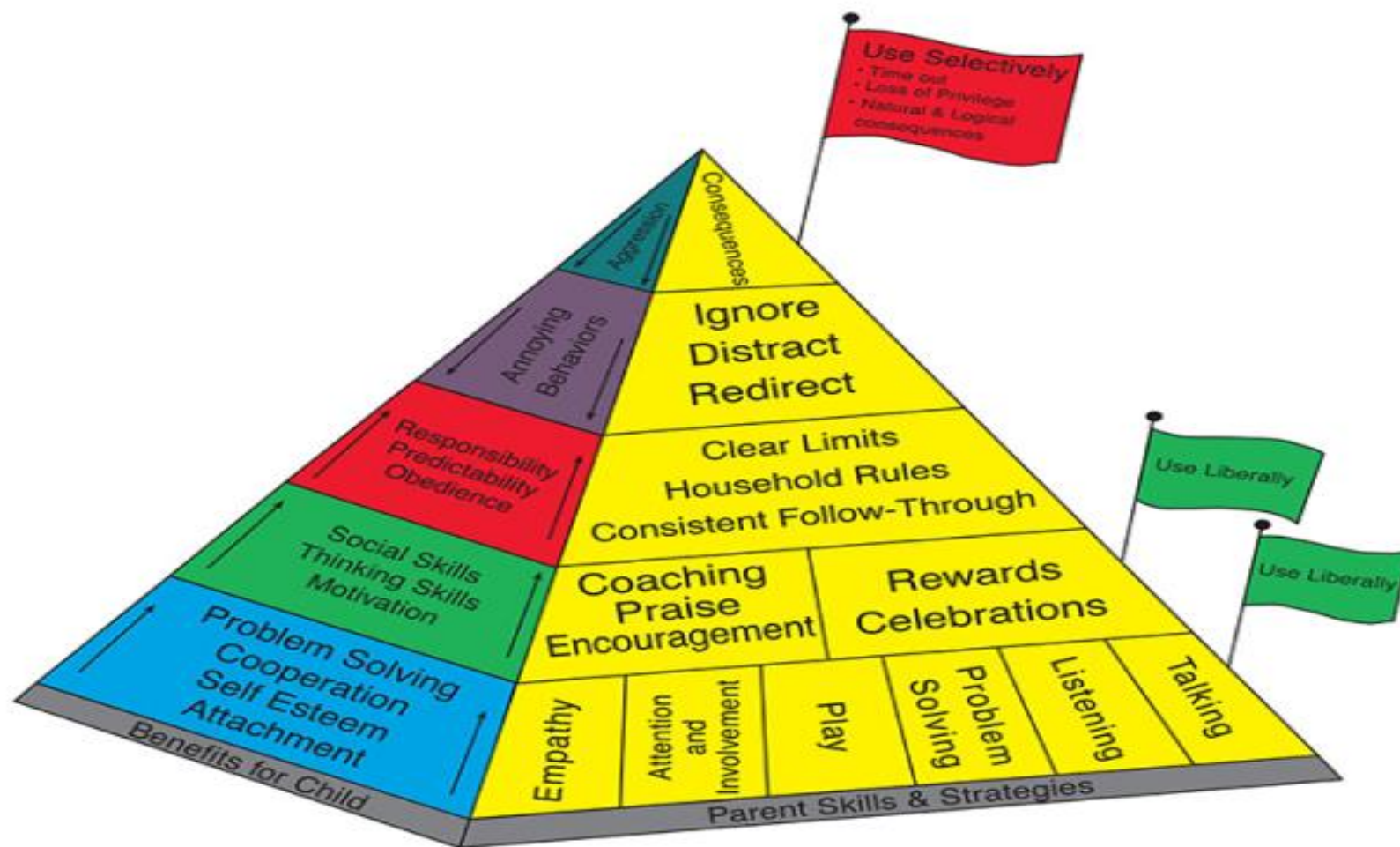
- Shouting
- Being told off
- Smacking
- Being criticised
- Swearing
- Telling child that they are annoying/waste of space/stupid



The Power of Attention

- When children are playing quietly, most parents seize this opportunity to get on with other household tasks, make important phone calls etc.
 - Children do learn quickly that an effective way of catching a parent's attention is to misbehave, cry, fight
 - Parents can inadvertently teach a child that inappropriate behaviour is a means of getting attention
- **Remember:**
- **What you pay attention to is what you will get more of.**





Parenting Pyramid®



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How do I give my child positive attention?

- ▶ Through play- descriptive commentary
- ▶ Praise and rewards.
- ▶ Be a positive role model.
- ▶ Explain what you expect.



Attend to the good & Ignore the bad

- ▶ Attending to a child in a positive way offers positive reinforcement of a child's behaviour so that the child will be encouraged to behave in this manner again
- ▶ Use positive reinforcement to encourage your child to behave well - try to 'catch them being good' and praise and encourage the desired behaviour.
- ▶ The more you do this the better it will work.
- ▶ Discourage the challenging behaviours - things that work well include ignoring the behaviour, distraction or offering alternatives



Why play matters



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Why play matters

- ▶ Key points when playing with your child
- ▶ Follow your child's lead
- ▶ Go at your child's pace
- ▶ Avoid power struggles and competition
- ▶ Praise and encourage your child's ideas and creativity
- ▶ Encourage emotional understanding through pretend play
- ▶ Limit the questions that you ask
- ▶ Use Descriptive Commentary



Descriptive commentary



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“imagine you are a sports commentator describing every movement on the football pitch to somebody who is listening on the radio”

Academic Coaching & School Readiness skills



What skills are we looking for when emotion coaching?

- ▶ Happy
- ▶ *Shy*
- ▶ *Frustrated*
- ▶ *Jealous*
- ▶ *Bored*
- ▶ Calm
- ▶ *Angry*
- ▶ Tired
- ▶ *Anxious*
- ▶ Excited
- ▶ Surprised
- ▶ Embarrassed
- ▶ *Frightened*
- ▶ Curious
- ▶ Proud
- ▶ *Lonely*
- ▶ *Worried*
- ▶ *Upset*
- ▶ *Grumpy*
- ▶ *Annoyed*

Coaching Positive Peer and Sibling Play

MINDING YOUR



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Practice the skills



Aims of today - ACTIVITY

- ▶ As the aims of today are to build your skills in developing these items in children, turn to the person next to you and identify 3 skills that you would like to develop with your child i.e concentrating, sharing, listening, turn taking, following instructions and decide when you might be able to do this through play every day with your child.
- ▶ What will you be coaching?
- ▶ What activity will you be having to do with your child to achieve this?
- ▶ When will you find time to do this?



Praise

- All children (and adults) respond better to praise than to criticism
- Praise that is given unconditionally is more effective than praise that is limited
- What makes praise effective?



Praise

- Research has found that lack of praise and positive attention can lead to increase in misbehaviour
- Praise is important in helping a child develop a positive self-image
- Praise motivates children to persist with difficult tasks
- Praise helps children develop appropriate prosocial behaviour via modelling





IT AIN'T WHAT YOU DO IT'S

THE WAY THAT YOU DO IT.



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Types of Praise

➤ Specific Praise

- Praise linked to behaviour
 - **“You were good at taking turns during the game”**
 - **“Well done. You tidied up your toys so quickly when I asked you to”**
 - **“I liked it when you waited patiently for me to finish talking on the phone”**

➤ Vague Praise

- General comments rather than linked to specific behaviours
 - **“That’s great”**
 - **“Fantastic!”**
 - **“Good boy”**



Catch them being good!

Take home challenge

- ▶ Take note of your child's everyday efforts and achievements
- ▶ Tell them specifically what they have done well
- ▶ Double the amount of praise you give them - the more the better!
- ▶ Try this every day for at least a week



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■ Boundaries and limits

Boundaries and limits important to a child.

Why are family rules important?



Setting Family Rules



- **Why are family rules important?**
 - Child understands what behaviours are acceptable
 - Helps a child learn the difference between acceptable and unacceptable behaviours
 - Encourages the child to make choices about their behaviour & to learn from their mistakes
 - Models prosocial skills
 - Prepares the child for life!

Family rules that promote school success

- ▶ Appropriate bed times - Sleep matters!
- ▶ Reduced screen time - no screens in bedrooms ?
- ▶ Rules about what is being watched on screens.
- ▶ We all eat breakfast.
- ▶ We read our school book every day for 5 minutes.
- ▶ We play together for 10 minutes every day.
- ▶ Have a regular routine after school e.g snack ,
home work /reading, play , activity
- ▶ Others?

Setting Family Rules: Key Points

- Parents to agree upon rules before discussing with children
- Be careful not to have too many rules or to define limits too narrowly
- Reduce commands - 'Pick your battles'.
- Be specific about rules - compare "be nice to your brother" with "take turns when you are playing together"
- Include rewards and positive reinforcement as well as using consequences



Clear Commands

- Use of language when speaking with children is very important.
- Chain commands
- Negative commands
- Vague commands
- Question commands
- 'Lets' commands
- Commands followed by the rationale



Just remember!

- ▶ <http://www.youtube.com/watch?v=Nem0bkErGVY>



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To sum up

- ▶ We know the behaviours that we want to see in our children
- ▶ We are clear about what schools would consider to be ready to learn and pro social behaviours
- ▶ We know what children want and how they will try to get it.
- ▶ Lets do it!

Activity

- ▶ Turn to the person next to you and name 2 things you will take away from this session or things you might do differently.



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