



## Preparing Your Child to Succeed in School

### What does success look like this school year?

**FOCUS ON THE WHOLE STUDENT:** Well-being occurs in all areas--physically, emotionally, socially and academically. Provide activities and time to support the entire child. Connect with your child through play or shared experiences that are fun. Ask your child about ways you can support their well-being.

**PARENTAL ATTITUDE/ENGAGEMENT/ADVOCACY:** Maintaining a positive attitude about your child's time in school is critical for his/her success. Engagement involves becoming a partner with your student's teacher(s) in setting educational goals and working together to promote learning and meeting those set goals. Advocacy is promoting improvements that can assist your child to reach their potential—such as requesting breaks for your child during virtual learning when needed.

**SCHOOL CONNECTEDNESS:** Participate in as many virtual school activities as possible—such as spirit weeks, school fundraisers, virtual concerts, etc. Allow them to virtually chat with friends and school personnel to maintain a sense of school community.

**PLAN AHEAD:** School success starts before school does. Take time to prepare as a parent—get as much information from the school as possible, arrange childcare and/or virtual learning facilitators, define your work schedule etc. Create physical learning space(s) in the home. Prepare children for changes in advance by giving them age appropriate information about what to expect this year.

**RITUAL, ROUTINES & SCHEDULE:** Help children feel secure and safe with a consistent routine and schedule. Use visuals to help children remember the routine. Include time for fun in the schedule! Adjust to a school sleep schedule before school starts. Create new rituals for back to school and virtual learning: special family meals, photos/videos, back to school family party, etc.

**MOTIVATION & EFFORT:** Find those things that motivate your child. Praise their efforts which will build internal motivation. Discuss with them that mistakes are okay—it's how we learn. Help them realize that each person has unique abilities and strengths as well as areas that require more work to develop the skill.

**RULES & CONSEQUENCES:** Children need appropriate rules and consequences for their behavior. When appropriate, involve children in the process of setting both. It is important to have realistic expectations that are age appropriate. Try to determine if the child can control over the behavior or not. Offer choices and use visual reminders when necessary.

**MANAGING STRONG FEELINGS:** All feelings are ok; it's what we do with them that matters. Give your child the words to describe the feeling and validate the feeling by teaching them that it's okay to have the feelings. Help them learn ways to get their feelings out in a way that are positive choices. Listen to them when they're having a strong feeling and, once calm, work together in problem solving when necessary.