

Ideas to help your child's long term learning.

1. Team sport, music [bands], scouts, dance, theatre etc.

- Inoculates your kids against suspension/exclusion in high school.
- They will be healthier. They will make friends easier.
- In 2012, an analysis of data showed that 61 out of 65 students suspended at a high school did not play team sport.
- Winning and losing – don't shelter your kids from losing but support them when they do. It's not whether you win or lose that defines you – it's what you do after....
- It is hard in the first few years. Parental investment is high – stick at it.

2. Growth Vs. Fixed mindset, Grit

- Mind set and resilience/coping ability/ perseverance. Spellbound competition.

[Asst. Professor Angela Duckworth – True grit – can Perseverance be taught]

- What you can do to help your child. Creating the idea that “practice makes perfect” or the belief that with repetition, mastery will follow.

3. No and Wait

- If the “no” is just the start of a negation between yourself and your child, this can pose problems in a school setting.
- Consistency around this word will help your child cope in a classroom setting.
- If you change your mind, put a gap in to see if your decision has been accepted or not – don't undermine yourself.
- Waiting is a skill. It takes concentration and effort.
- You can assist schools with this skill by determining if your child has the ability to wait for you or not. If not, manufacture opportunities to practice this with your child.

4. Praising Effort Vs. Achievement

[Carol Dweck – Psychology professor, Stanford University. “Babies whose efforts are praised become more motivated kids”.

" 'You're great, you're amazing' – that is not helpful," Dweck said. "Because later on, when they don't get it right or don't do it perfectly, they'll think they aren't so great or amazing."

Toddlers who heard praise directed at actions also were more likely to believe later on that abilities and behavior could change and develop.

"What we found was that the greater proportion of process praise, the more likely the child was to have a mindset five years later that welcomed challenges and that represented traits as malleable, not a label you were stuck with," Dweck said.]

- School reports – focus on attitude and effort. This is linked to the growth mindset. If attitude and effort is good, the results will follow.

5. Games – Winning and losing

Games assist children with:

- Learning how to win and lose
- Following rules
- Understanding rules have a purpose for things to function
- Taking turns
- Waiting
- Strategy / problem solving
- Sharing and teamwork
- Observing other player's responses to situations arising from game playing
- Perseverance

Games assist parents by providing opportunities to:

- Model to children how to react when winning and losing
 - Have fun/ socialise with your child
 - Observe their reactions to positive and negative moments
 - Providing feedback to children and encouragement at critical times [games provide learning windows]
 - Use rules in games to reinforce the value of rules in the home
- With younger kids make the games short – **if you play for 15 minutes make sure there are 4-5 times that both winning and losing can occur** – every occasion is a learning opportunity.
 - Socially, it is safer for your child to learn how to win and lose at home than at school.
 - It may take 6-8 months to notice a difference – stick at it.

6. Screen time

- Can be really isolating.
- Can inhibit social development – buy multi player games.
- Buy strategy/ thinking games.
- Their first phone should not have internet access.
- Be aware of content and duration. Also if the child is creating or consuming.
- **DON'T have screens in bedrooms.**
- Put all phones/ iPods in a box at a certain time each day. Pull the WI-FI out of the wall when you go to sleep.
- Devices can be controlled. EG **OurPact app** – it's free. **Telstra protect app** is useful.

7. Reading and routines.

- Kids at high school that can't read at a high school level are at huge risk of disengagement.
- A high proportion of High School students that have been excluded are not literate.
- Primary schools need your help – **take charge of your child's reading.**
- Routines make things easier for you.
- It should be fun. Stick at it. Find the books that inspire them.
- Seek help from schools and public libraries about what books are popular.
- 15 minutes a day over a year is 5500 minutes of reading – it adds up!!

8. Sleep

- There is a strong link between behavior and sleep.
- Tired students are less likely to cope with “perceived social injustices” in the schoolyard. Small things become mountains.
- There is a strong link between learning and sleep.
- Tired kids don't learn very well!!! Large effect on memory and storage of information.

[Judy Willis – Neurologist

“Increasing sleep time by 2 hours in teenagers can increase memory and alertness by 25%”]

Millpond Children's Sleep Clinic recommended hours per day.

Age	Hours sleep
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4	11 ½
5	11
6	10 ¾
7	10 ½
8	10 ¼
9	10
10	9 ¾
11	9 ½
12	9. ¼

NOTE: This does not include settling time!! Most children take 10 – 60 minutes to go to sleep.

- No TV's / PC's or iPods in bedrooms
- CAMHS Recommendation “Give very little attention to them if they keep getting up.”
Make it as boring as possible!!