

School Success Secrets K-5

REMEMBER! If you are on the same team, it will be easier for both of you. ("We're in this together!")

Give them ownership & support on the side

- Let go of ownership and control & let school be theirs so you can come from a place of curiosity, not control.
- Be enthusiastic on the sidelines, cheer them on through mistakes and failures, help them problem solve tough issues together
- Don't let their school performance meet your own needs of achievement, perfection, or appearance.
- Don't let things like grades, homework, or mistakes get in the way of your relationship; it is more important than anything else.

Release gradually, depending on your child. Negative feelings and behavior are clues it's time to pull back. Use these 3 strategies:

Use Questions

- "When/where do you want to do homework?"
- "What's your plan for doing homework tonight?"
- "What will happen if you don't do your homework?"
- "Are you ok with that consequence?"

Promote Growth

- They are learning throughout their whole school career. Be comfortable with ups and downs.
- Discuss goals with them- what do you/they want from school?
- Use these goals to set boundaries and consequences together.
- Allow consequences like bad grades and support and encourage them through it.

Be a Cheerleader

- Be on the sidelines. Don't step in for them.
- Act interested, attend school events, and be enthusiastic
- Show you have faith in them. "You've got this. I'm here for you."
- Give them credit "Wow, you did that! You must feel so good about yourself!"
- Let them know mistakes are ok and you'll figure them out together.
- Celebrate effort not results.

HOMEWORK!

1. How can your family get on the same team about school?
2. Where are some areas you and your child may have negative feelings or behaviors around school? How can you give more ownership or support on the sidelines?
3. What are some of your own fears you may need to work through so you let your children have more control over their schooling?