

HOW TO SUPPORT YOUR CHILD THROUGH SENIOR SCHOOL

As parents we always want what's best for our children. If we see that our students are not doing what they need to do to achieve the success we know they are capable of it can create some anxiety.

Sometimes parents best efforts in motivating their children result in the very thing they dread – conflict and a refusal to comply with requests.

Our presentation to parents on “How to Support Your Child Through Senior School” can be accessed here: <http://www.humanconnections.com.au/parent.html>

Below is one of the units we present to parents of children going through Senior School.

BUILDING A GOOD RELATIONSHIP WITH YOUR CHILD (Unit 1 of 7)

- If you build a good relationship with your child, up to half the work is done. Student's motivation and achievement is affected by their parent's attitudes and expectations and their relationship with their parents.
- Parents who are less controlling and more supportive have children with greater self-motivation at school and are rated by teachers as less troubled academically.

Communicating effectively with your teenager

- Ask for what you want and need and model that for your child. Expectation that another should know/guess what you need/want out of their affection for you leads to misunderstandings. Limit your assumptions.
- Talk less and listen more
- Keep it short (2 sentences at a time)
- Only argue over things that matter, let some things go by
- Talk while doing something together, schedule time together
- Catch them doing something good and give them positive feedback
- Set very clear boundaries and have both positive and negative consequences
- Healthy families fight “better out than in” (How is it coming out?)
- RESOLVE CONFLICTS through negotiation and compromise. Instead of 1 person dominating the decision making process aim for a Balance of POWER

Mutual Respect

- Respect is one of the most important things about relationships that motivate adolescents.

Empathy

- Identify so much with friends because their friends understand what it's like to be an adolescent.
- Young people place a high value on being understood and if their parents don't understand them they'll find someone who does.

Balance

- I have been amazed at the reactions by adolescents to their parents either pushing too hard or not pushing at all.
- Some get the balance right, they seem to do enough pushing to get their child moving and then pull back at the right time.
- “If they can see I know where I want to be and how to get there - they let me do my own work. If I’m failing I do it their way.” (Yr 12 Student)
- Another way to look at balance is to see it as fairness.
- Trying to get the balance between discipline and tolerance
- Authority & friendship
- Applying rules and being flexible
- Taking a stand and easing off.
- HOW DO YOU ACHIEVE BALANCE?
- Good clue is to recognize when things are not in balance e.g.
- Too much sport
- Free time
- Study
- Hours at job
- Phone calls
- Grades or study time sliding