



Ministry of Education and Human
Resources Development

Keeping my Child Safe, Healthy, Happy and Learning

Tips for parents

For all children



- 1 Talk in the language your child understands best.
- 2 Keep the learning space clean and wash hands with soap with your child often.
- 3 Be patient with tasks for your child: give them the time to practise.
- 4 Give positive feedback often ("Good job!" and "Nice work!").
- 5 Celebrate with your child if they achieve a goal.
- 6 Be realistic about your expectations.
- 7 Break longer tasks into smaller steps.
- 8 Encourage your child to ask questions and share their feelings.
- 9 If you don't know the answer, don't make one up; tell them, "That's a good question, let's find out together!"
- 10 Make a plan for each day, that includes breaks for healthy food, water and exercise. Make time for reflection at the end of each day.
- 11 Allow breaks with healthy food, water and exercise.
- 12 If you can, spend some one-on-one time with each of your children. Do something together that they enjoy.
- 13 If your child looks very tired or unwell, see the doctor or visit the nearest clinic.
- 14 Encourage your child to take care of themselves by keeping clean and dressing. Show them how to stay clean, healthy and be responsible for completing their tasks.
- 15 Use different learning resources, not only books and handouts but also objects from the home, the garden, the field and the beach.



16 Play games that help your child think, count, remember or come up with ideas.

17 Tell your child your family's stories, giving examples of strong and clever people in your family and community.

18 Encourage your child to talk freely about their worries and fears. Talk to the teacher(s) when your child becomes stressed or not interested in learning.

19 Get to know your child's strengths, special interests and talents, for example sport, music, drawing, carving, weaving, repairing things, etc., and plan activities around these when supporting their learning.

20 Allow a few close relatives and family friends to be involved in home education of your child, and ask them to follow these tips.

21 Ensure your child is always safe and protected from harm or violence at home or in the community.

22 Encourage your child to speak with you about anything that upsets them at home, at school, in the community or when they are online using Internet.

23 If you get upset or angry, step away from the situation and give yourself time to calm down – take deep breaths, count to 15 slowly, etc.



24 Teach your child to clear the learning space and put things away when they finish studying for the day.

25 Teach your child to maintain their hygiene and support them if they need assistance.

26 Give your children plenty of attention and emotional support (for example, demonstrate understanding and empathy, listen without questioning, be with or give company, etc.)

27 Find more information on helping your child with learning.

28 Tell your child what it is about their behaviours that you are unhappy with and how they can improve next time.



For children with difficulty learning



(has difficulty understanding new information, remembering things, recognising letters or numbers, has trouble learning new skills or coping independently)

- 1 Communicate with your child clearly, and show them information visually, through demonstration or through drama / skits.
- 2 Ask your child to repeat back instructions.
- 3 Ask your child to use finger to follow the text while reading.
- 4 Help your child to learn at their own pace.
- 5 Use real-life examples, tell stories, play games and create activities to make lessons interesting. Support the child to be part of the activities.
- 6 Talk to your child about their special interests and incorporate these into learning activities (for example drawing, singing and music, listening to stories, playing, etc.)



- 7 Focus on your child's skills and interests (sport, music, drawing, building models, carving, weaving etc.)
- 8 Celebrate with your child when they achieve a goal make any progress or achieve a goal.

For children with difficulty paying attention



(has difficulty doing repetitive task and gets bored easily, may have special talents or skills)

- 1 Seat your child away from distractions in a place they prefer.
- 2 Maintain interest by doing practical exercises, showing pictures, role playing and carrying out experiments.
- 3 Use memory games: ask your child to remember new words or to look for something you have hidden.
- 4 Give your child frequent breaks.



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- 5 Always say your child's name when speaking to them.
- 6 Get to know your child's strengths and interests and use activities they like and are good at (drawing, music, sport, etc).
- 7 Stay calm and positive.
- 8 Keep clear and simple rules, and don't have too many of them.
- 9 Celebrate with your child when they have completed a task.
- 10 Talk to the teacher about other suggestions and ideas that you can use to help your child focus and learn.

For children with behavioural difficulty



(may be disruptive, aggressive, has difficulty controlling emotions, concentrating on activity, accepting change, has trouble following instructions or making friends)

- 1 Tell your child when they are well behaved and reward positive behaviour.
- 2 Identify what makes your child misbehave and try to avoid such situations.
- 3 Establish and communicate clear expectations for behaviour.
- 4 Give messages to your child calmly and face to face, avoiding shouting from a distance.
- 5 Make your expectations clear and avoid misunderstanding (for example, ask your child to repeat what you have asked them to do).
- 6 Explain the consequences and risks of bad behaviour (such as conflict or an accident).
- 7 Make sure your child's basic needs are met, including healthy food and sleep.
- 8 When your child starts to get restless, take a break and move to a different activity.



- 9 Your child may learn best by doing and moving: use practical activities and field trips to observe and learn from nature and neighbourhood, for example to the nearby market, park/play area, etc. Ensure that the neighbourhood areas are safe for your children.

- 10 Build on your child's strengths and special interests.
- 11 Celebrate with your child when they make any progress or achieve a goal.

For children with difficulty hearing



(has trouble hearing sounds like people's voices or music, may have sore ears, could have hearing loss and may need hearing aids)

- 1 Use your child's preferred method of communication.
- 2 Face your child directly, at the same level as them: that is, speak to them at their eye level.
- 3 If relevant, check if your child is wearing their hearing aid (and it is turned on, and that the batteries are working).
- 4 Use sign language if appropriate and find out more about learning it.
- 5 Speak clearly, distinctly and naturally – avoid shouting.
- 6 Use short sentences.



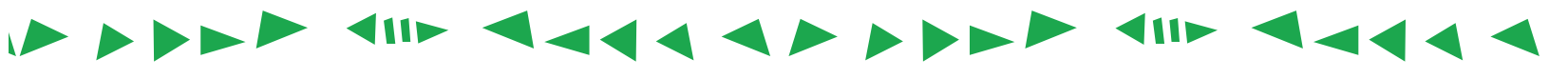
- 7 Check that your child has understood the instructions.
- 8 Use a lot of visual materials, books, pictures, charts, diagrams, maps, notes, lists and videos.
- 9 Take your child on field trips to observe and learn from nature and the neighbourhood, (for example to the nearby market, park/play area, etc).
- 10 Ensure that the neighbourhood areas are safe for your child.

For children with difficulty seeing



(has problems seeing clearly from a distance or cannot read small print, may be bumping into things, cannot distinguish colours, could have vision loss and may need glasses)

- 1 Get your child's attention by speaking first and then touching them gently on the arm; if the child doesn't know you well, tell them who you are.
- 2 Make sure you speak clearly and use good descriptions and examples.
- 3 Focus on activities that use touch or sound; your child may learn best by listening and may be very musical.
- 4 Use handouts, activity sheets and text with large print.



5 Ask your child to answer questions verbally so you can write the answers down.

6 Read notes and study materials to your child out loud and then hold a discussion.

7 Play music, audio-books, educational radio programmes or other recordings .

8 Ask your child to tell you what they have remembered and what they have learnt.

9 Involve family members and talk together on different subjects.



For children with physical disability



(has difficulty walking , climbing, running, tires or falls over easily, needs equipment or assistance for walking, struggles to do up buttons, hold a pen, writes slowly and not straight, may be dropping or spilling things)

1 Help your child holding a book or a toy if needed.

2 Help your child with turning book pages, if needed.

3 Make sure that furniture and equipment cannot be easily knocked over.

4 Remove rugs that can be tripped over, or tape them down.

5 Assist your child with reaching for things and with organising their learning space.

6 Place tape on pens, pencils and markers to make them easier to grip.

7 Check if your child has necessary assistance and easy access in and out of the house and to the toilet.

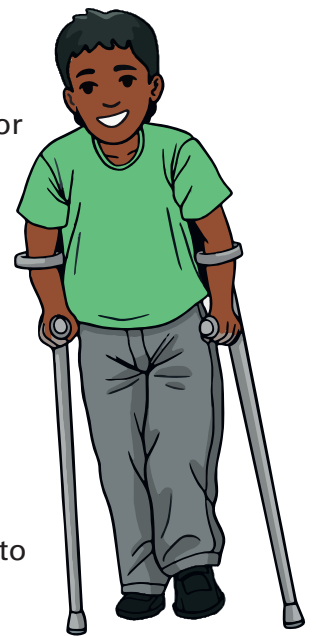
8 Take your child out for breaks with healthy food to spend time outdoors.

9 Do exercises with your child, and encourage family and friends to join in group exercise activities.

10 Invite other children to find creative ways to include your child in their play activities.

11 Thank friends for helping, but also teach children to encourage your child to do as much as possible on his/her own. For example, help them complete their own tasks.

12 Assist your child with clearing the learning space and putting things away.



For further information
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