

HELP YOUR KIDS FOCUS WHILE LEARNING AT HOME

The 7 Mistakes Good Parents Make When Helping with Schoolwork



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OF THE MOST
INTELLIGENT & IMAGINATIVE
STUDENTS ARE CONVINCED
THEY AREN'T CAPABLE
BECAUSE THEY
STRUGGLE TO
FOCUS

THE MOST VALUABLE THING YOU CAN TEACH AT HOME IS RARELY TAUGHT IN SCHOOLS

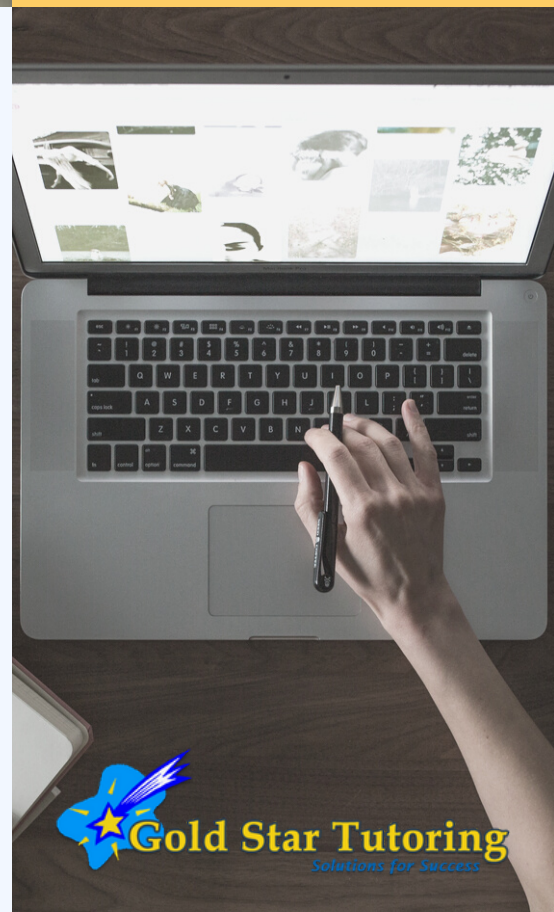
Tips by Melissa Fox - Owner of Gold Star Tutoring

Now that you are adding "teacher" to your long list of parenting duties, you may have noticed something. Teaching is HARD. If your learner can't focus, it becomes impossible.

Too often, students are thought to be uninterested or incapable simply because they are not setup for success. They have never been given the tools or taught the skills need to be successful learners. No one has ever taught them how to truly focus.

Some of the most intelligent & imaginative students are medicated and convinced they aren't capable because they struggle to focus. We believe every student deserves a chance to be successful.

By helping your home learner build their ability to focus, you're not just teaching them a handy skill; You are setting them up for a lifetime of enjoyment and success in learning and in life. Let's learn to avoid The 7 key mistakes good parents make...





KIDS (AND ADULTS) FOCUS BEST WHEN THEY ARE HAVING FUN!

Parents often associate helping with schoolwork with added stress. You spend your day critically thinking and performing at your job, so shifting gears back to high school math to support your your student can feel...overwhelming. That's assuming you can get them to let you help. If it's not fun for either of you, you're going to have a hard time even getting started. Here are some ideas that will help.

Incorporate fun 'game show' response sounds when they get something correct. "Ding, ding, ding, ding, ding" really fast and they will light up with excitement hearing this new sound from Mom and Dad. Who wouldn't want to make their parents make funny sounds?

You can add stories and puppets for younger kids or incentives like gold coins, can also work for any age. Grab a pack of plastic, gold coins and hand them out for good lessons. After a certain amount they can cash them in for a prize from mom or dad. (Or anyone that already spoils them with goodies) Get the whole family in on it and the student will associate getting rewarded with better focus.

SECRET TUTOR TIP-

For distracted students, buy a cheap pair of low power glasses from the pharmacy. This will make the images on the page appear bigger. What they are focusing on becomes more obvious while also cutting off peripheral vision so they are less likely to get distracted. You can even call them, "Magic Reading Glasses" and get your student's imagination involved!

MISTAKE #1 NO FUN





KIDS LOVE TO MOVE. ROLL WITH IT. MOVING IS PART OF LEARNING TO FOCUS

Kids usually learn best when they can move. Make moving all part of the fun! Allow for fun places to sit throughout the lesson or homework hour. Public classrooms are confining. Learning at home means we can be more flexible with our student's desire to move.

Installing a white board or even taping paper to the wall allows students who fidget a lot to stand and write their problems on the board. You can take a picture the same way and email it to the teacher for proof of the work.

Most students really like sitting on the floor with a clipboard, learning at home is perfect for this!

Another fun option kids enjoy is to sit in your personal office chair. I know us parents can be territorial with our office chairs, but our kids have watched us 'study' there for years. They already associate being at their parent's desk with focusing for a length of time, plus sitting in a swivel chair, they can move around enough to keep it fun!

Our indoor classrooms at Gold Star Tutoring all have wobble stools for students and even a sensory swing for students who need to rock while they listen. Give one a try and see if your student likes being on the move while they learn.

MISTAKE #2 SITTING STILL



Bonus Tutor Tip:

The Space Matters

Don't forget to get the space set up. You'd be amazed at how much environment matters. Pick a study area in your house so your student's brain associates that space as a "learning space."

You can add some soft, nonvocal, background music. Also, pick a time when they are their most sharp. It can vary but 9-11:30am or 2-4:30pm generally works best since they have slept, eaten, and played.



"Truly a Godsend. My daughter's math scores and confidence soared after just a few sessions. We've been through so many tutoring services and this is the first tutor I've found that will truly listen to the goals for the sessions and then tailor instruction to the child. I couldn't recommend them more highly."

-Jennifer L.





""BECAUSE I TOLD YOU TO," ISN'T GOING TO CUT IT. SHOW THEM "WHY" THIS MATTERS.

It's so much easier when the student truly wants to learn. Just telling them to do school work at home, isn't going to motivate them, and you'll spend your time battling with them instead of empowering them. Focus brings confidence and power to any student.

When students understand the reasons for what they are learning and for the learning strategies they are employing, they can connect their efforts to the end result. Confidence is gained as they gain in their ability to apply newly gained knowledge to develop their skills with reading, spelling, writing, and vocabulary growth.

School is very much like a game. Your student is used to framing their experiences through games and play, so this doesn't need to be any different.

If they figure out the rules and jump through the right hoops, they will receive high marks and go far in life. But, what does far mean? We believe "far" is whatever the biggest goal inside your student is.

Wouldn't it be fun to watch your student learn all the rules and jump through the hoops so they could go as far as their hearts desired? Connect the work to the 'why' and watch them achieve far more.

MISTAKE #3 MISSING THE "WHY"





LOGICAL STRUCTURE FACILITATES STUDENT LEARNING AND PROGRESS

Kids thrive, and can focus best, when there is predictability in their world. This doesn't mean you need to be militant about it though.

Create an 80/20 weekly schedule. Do your best to keep the kids on your schedule 80% of the time, allowing more flexibility 20% of the time.

For example, your family stays up an hour or more past normal bedtime to watch a family movie. (Not a normal weekly behavior) No bother, but the next night it's imperative that you get back on track with an earlier bedtime. If the student stays up a few nights in a row, it can disrupt their circadian rhythm (sleep/wake cycle). Things can get ugly after that.

Do your best to also split subjects up on nonconsecutive days. It makes it easier for the student to digest throughout the week. Structure everything to have all the subjects covered Monday through Thursday, leaving Friday open for Art or music, critical thinking games, or reading personal enjoyment books after learning all week.

If your student is in 2nd-6th grade, they always need support with reading structure, fluency, and vocabulary growth. Find a book or series they enjoy and pick up two copies. You and your student each have your own copy. This allows them to feel independent while you follow along and take turns reading. Lovingly correct errors and stop to explain new words.

MISTAKE #4
NO
STRUCTURE





BUILD SELF-CONFIDENCE BASED ON SUCCESS

Students can only open their brains to receive new information when they feel safe. If they know their parent is quick to frustration, the student can easily freeze up and you will not be able to get anything accomplished.

Never bring up scholastic concerns in front of the student. We see this all the time: The student will start to believe everything their parent says about them, especially if it is consistent over time.

For example...

Parents will say, "I was really bad at math in school and so is my son Jacob. He got my math brain. I just want him to get the basics so he can pass." Jacob will hear this many times throughout the years. He will begin to believe it to the point that his body and focus will change in Math class. His scores will reflect your words.

Always focus on the good qualities of your student. Have a family sit down and write out all the good qualities. Don't just wait until report card time. It will be too late to instill how you really feel about them in regards to their focus toward education. Discuss areas of growth in a positive way. Begin as general as needed without falling out of alignment with what you know to be true as a parent.

For example: Saying, "My student is an A student" can sometimes be inaccurate because their effort and grades show otherwise. However, you could say, "My student is showing average work, and just needs the right tool set to sharpen their focus to become an A student. They have good cognitive skills, they just need to feel the excitement that focus can bring when they have the tools necessary to succeed when they try."

MISTAKE #5 NEGATIVE FEEDBACK



Bonus Tutor Tip:

Trust your Instincts Every Time

Did you know that 1 in 5 students do not process language the same? If you have multiple children, you already know this to be true. If you feel like your student has a language delay in any areas of reading, writing and spelling, don't hesitate to get a second opinion.

School districts often have to wait until a student shows a two year age gap before they open up a conversation about special services they now qualify for.

Gold Star Tutoring offers a comprehensive language assessment for these students, before tutor placement is possible. We proudly use the *gold standard* in private reading support, the *Orton-Gillingham approach*. This approach focuses on sound/letter correspondence instead of relying on memorizing words through sight.



"We appreciate the one on one and special accommodations our son gets at Gold Star Tutoring. The instructor is patient and willing to think outside the box to keep our son engaged. It's easy for a kindergartner to get bored, our instructor at Gold Start Tutoring makes learning fun, creates custom learning plans and stays flexible."

-Andrea V.





PREPARING YOURSELF AND THE LEARNER LEADS TO SUCCESS

We know our students should be prepared to learn but there are things we can do as parents to get prepared too.

It could be helpful to get your own binder with tabs for your student's classes. You can help organize the work they have completed, and put their most current work on top behind the tabs.

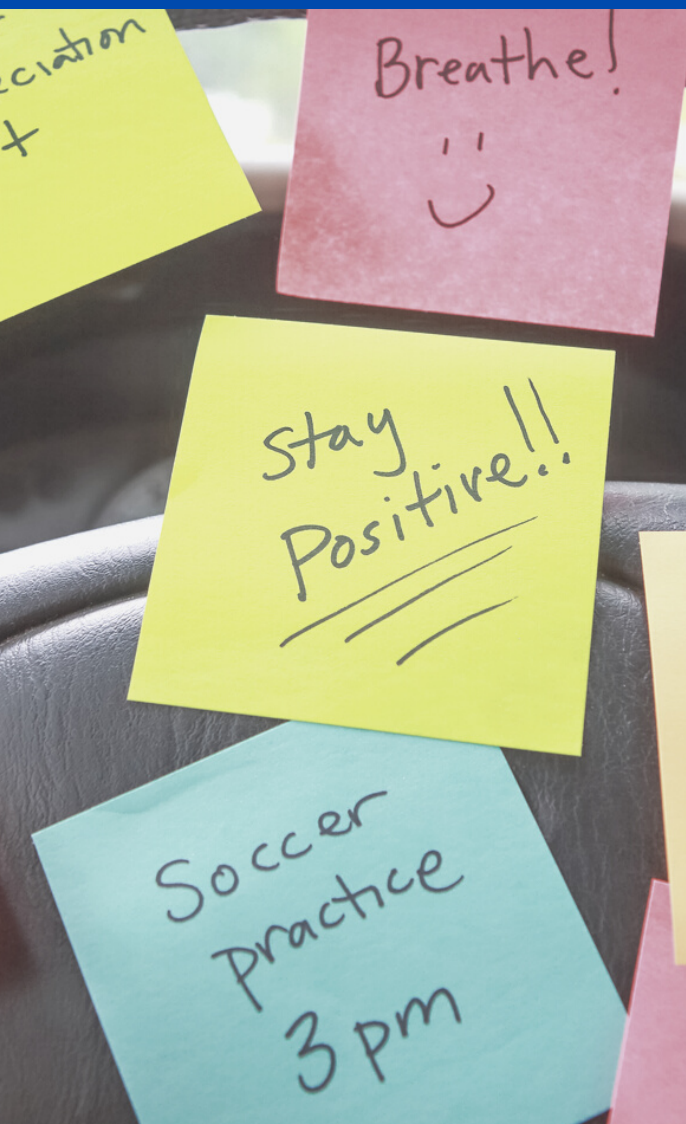
This makes returning to unfinished assignments easy to find. Date everything and put the due date on top at the beginning so everyone knows when it needs to be completed.

You can also use Excel to make a horizontal grid that is 7x10. Put the names of the classes in the column to the farthest left, and dates at the top row. Have your high school student keep track of their grades by writing them in the corresponding grid for the date they are checking.

This way, they can come to you in the evening, discuss their progress for the day, and show you their current grades. This allows the parents to put the responsibility in their student's hands, but also can be used to show progress or declines over time for easy reference.

MISTAKE #6
NOT
PREPARING





YOU DON'T NEED TO TAKE ON THIS ROLE ALONE. GET SUPPORT!

When you enter a workout facility, you have the desire to strengthen and tone your muscles to feel confident and powerful. The most successful athletes will invest in a personal trainer for a good year until they feel like they have the right approach to completing tasks that seemed too "difficult" before. Without the support, often we just end up not pushing ourselves. Our body composition, mind, and attitude don't shift at all after working out alone, so we quit.

A personal trainer pushes you to think outside your comfort zone to show your true self what you are capable of. Hiring a tutor can provide the right toolset for the most important muscle in the body for your student, the brain.

So many parents sit back and watch their child jump from grade to grade, feeling like they have no control over how their student performs.

What the student aptitude shows at school, sometimes turns into bad belief systems parents unintentionally create in their heads.

If their child struggles to read or write at grade level, then they will just be their one child who struggles, and parents accept it because they don't know otherwise, and they don't want to get their hopes up.

Don't feel like you need to take everything on yourself. You already do enough as it is. Get yourself some support!

MISTAKE #7 DOING IT ALL YOURSELF





Too many students fail because they aren't given the right tools to succeed.

You don't need to go it alone. At Gold Star Tutoring, we provide the quiet space and tools they need to develop skills and enjoy the fun of a lifetime of learning!

We Will Help Your Student Succeed.

You can go back to being their parent

Here's How it Works:

1. Schedule a Call

We are happy to chat about how to help make your student successful

2. Create Strategy

We will assess the needs and determine the best plan to fit each individual student

3. Meet your tutor

We pair you with an excellent tutor that is excited to help your student succeed

*For our K-6th grade reading students, we require a complete in-person assessment.

Schedule a Call



Schedule a call with Melissa and learn how to help you student THRIVE!

info@goldstartutoring.net | 360-241-7998

