



MODULE

2

## Are you building or blocking your child's success at school?

Parent Empowerment Programme

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These materials are currently being evaluated and will be improved on the basis of the evaluation.



# Preface

We know that the children who are most likely to be successful at school are those who are supported by their parents and caregivers. The NECT has prepared and adopted a series of training modules that are designed to give you, as a parent and caregiver, the knowledge and skills you need in order to provide support for your child's schooling. The modules are based on the guidelines to help you support your child at school published by the Department of Basic Education.

This is the second module in the series. It looks at whether your behaviour as a parent and caregiver is helping to build your child's success at school.

The module contains exercises and activities that will make you more aware of the many things you can do to help your child to do better at school. You will be exploring these ideas in more detail in other modules in the series.

**GODWIN KHOSA**  
**CEO**  
**NECT**



# Are you building or blocking your child's success at school?

A guide for parents, caregivers and guardians

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# My child needs help

Do you know when your child needs help?

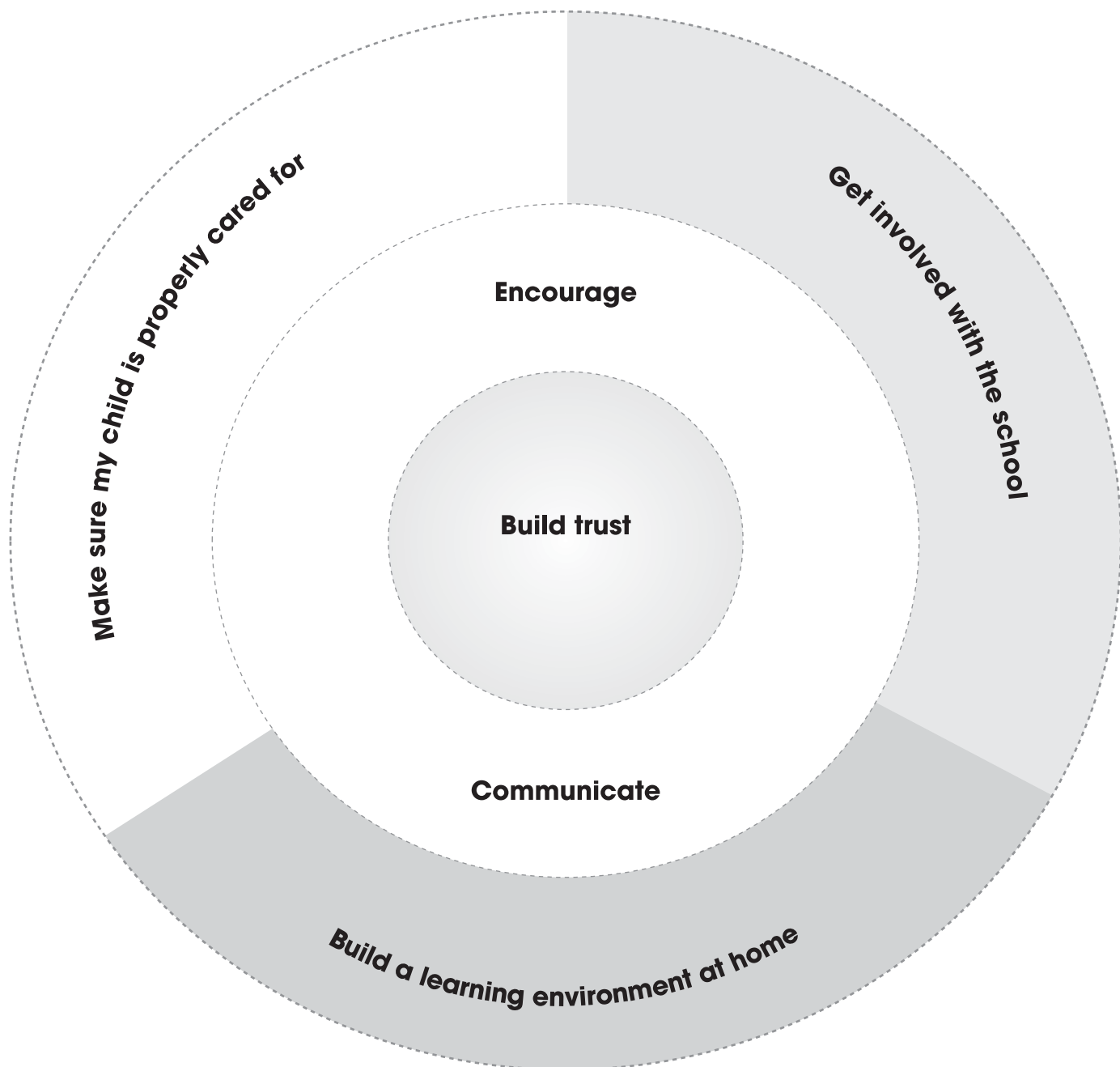


1. Do you think your child needs help at school?  
☐ Yes ☐ No
2. Does your child ask for help?  
☐ Yes ☐ No
3. If your child does not ask, do you know if your child needs help?  
☐ Yes ☐ No

Children are not always able to tell us when they need help.

# How can I help my child?

Nobody can be as helpful to your child as you can. Let's think about what you can do to support your child and help them to do better at school. Look at the diagram below.



These are important ways in which you can help your child. Let's explore them in more detail.

# The things you do ...

The things you can do to help your child at school are listed in the left hand column. As a group, discuss whether you do these things and how you do them. Make notes in the right hand column as you share ideas.

The things you do to ...	What do you do?
.... build trust	
... encourage	
... communicate	
... show that you care	
... build a learning environment at home	
... be involved in your child’s life	



Build trust with your child

At the centre of the diagram on page 2 are the words "Build trust". Building a relationship of trust with your child is the first step towards helping them to succeed.

Remember someone you trusted

1.

Do you have someone that you trusted when you were a child?

Yes  No
2.

Who did you trust when you were a child?
3.

What did they do that made you trust them?
4.

What was good about your relationship with them?

They encouraged you

Yes

No

You could talk to them

Yes

No

They supported you all the time

Yes

No

They were involved in things that were important to you

Yes

No

They made you feel comfortable

Yes

No

You were never afraid when you were with them

Yes

No
5.

Are there other things that were good about your relationship with them?
6.

As a group, discuss the things you loved about the people you trusted.

When you have a good relationship with your child it helps them to trust you and to become a strong successful person.

It is important to show your child that you love and care for them.

When you focus too much on things that your child is not good at, they start to believe that they are not good at anything.

## Building trust



Discuss in your group what is happening in the picture above.

Does this behaviour build trust? ☐ Yes ☐ No

How does it build trust? Write notes below:

.....

.....

.....

.....

Be there for your child when they need you.

Show your child that you believe in them so that they can have confidence in themselves.

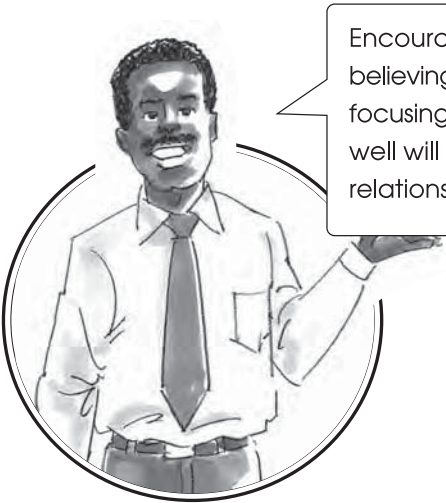
Let your child see that you trust them.

Let them make mistakes; they will learn from them, and they will learn to trust you.

# Encourage your child

Read the list below. Do you encourage your child in these ways? Work on your own. Answer **Yes** or **No** for each question. Then discuss with your group. Makes notes as a group.

Ways of encouragement	Do you do this?	How do you do it? <i>(discuss with your group)</i>
Do you praise your child?	<div>Yes</div> <div>No</div>	
Do you recognise and value their skills?	<div>Yes</div> <div>No</div>	
Do you comfort them when things don't go well?	<div>Yes</div> <div>No</div>	
Do you celebrate their success?	<div>Yes</div> <div>No</div>	
Do you stand by them and support them when they have challenges?	<div>Yes</div> <div>No</div>	
Do you make them feel good about themselves?	<div>Yes</div> <div>No</div>	



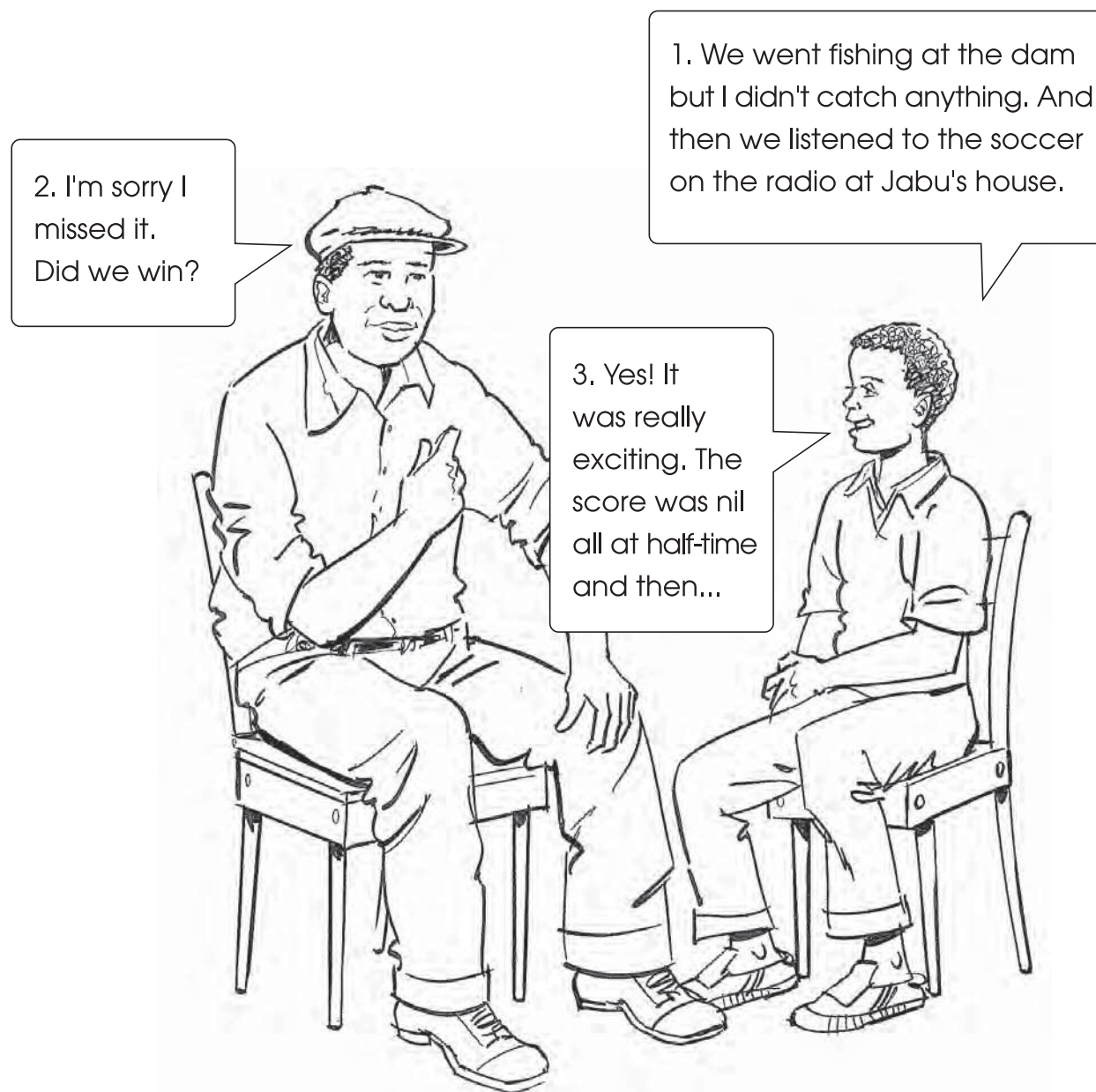
Encouraging and believing in your child and focusing on what they do well will help to build a relationship of trust.

Let us raise children who feel good about themselves and believe that they can do well in life.



## Communicate with your child

Talk to your child about things that are important to them and listen to what they say.



Discuss with your group what you see in the picture above.

Who would your child prefer to talk to?

The statements below show examples of different behaviour styles. Read and discuss them with your group. Tick (✓) the ones that you think your child would prefer. Why do you say this?

Behaviour	✓	Reasons why you say this
I do other things whilst my child is speaking to me. I don't really listen		
My child can talk to me in confidence. I will not share something if she does not want me to		
My child feels free to tell me anything		
I am always busy. I never have time for my child		
I do not ask about my child's day. My life is more important		
I am busy, but I always stop what I am doing to listen to my child		
Sometimes, I share my child's secrets with other people		
I believe that parenting is about being strict. Children should be scared of their parents		
I try to show I am listening to my child. I nod, or ask questions, or look at my child when she is speaking		
I criticise my children when they do something wrong		
I tell my children in a nice way when they do something wrong		
Children are children. I am in charge and I will tell them what to do and how to do it. They can decide for themselves when they earn the money		
I love to laugh and have fun with my children		

How good are your talking and listening skills?

Read the questions below and write your answers in the column on the right. Share your answers with your group.

How well do you communicate with your child?	
Do you pay attention when your child is talking to you?	
Do you often interrupt them while they are speaking?	
Do you show them that you are listening by asking questions about what they are telling you?	
Do you believe what your child tells you and take it seriously?	
Do you criticise and judge them when they tell you things about their lives?	
Do you show that you are interested by getting them to share what is happening in their lives?	

Talk to your children. It makes them feel that you value what they have to say and it builds trust between you.



How will you improve your communication skills?

.....

.....

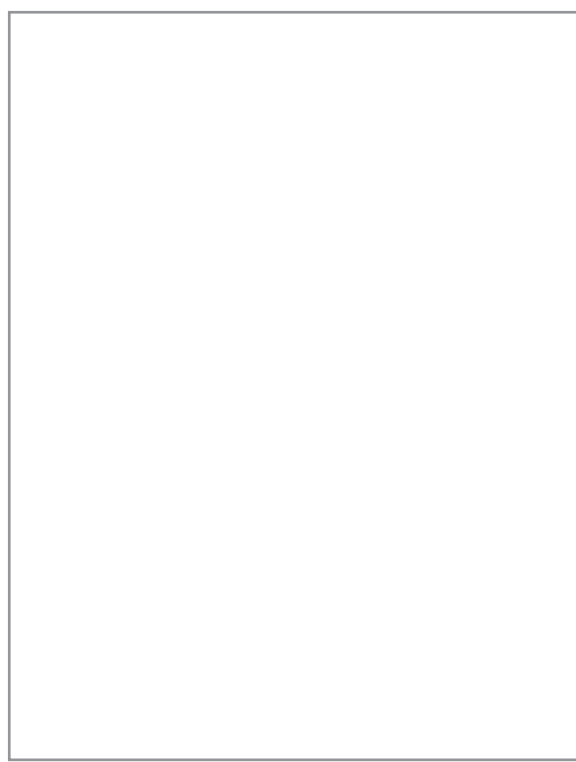
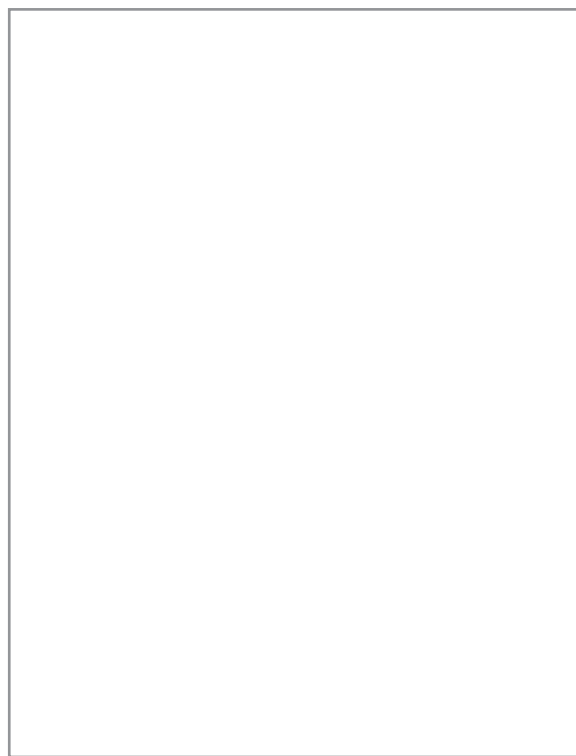
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## Build a learning environment at home

### Helping children to learn

Discuss what is happening in these pictures. How do these things help children to learn?



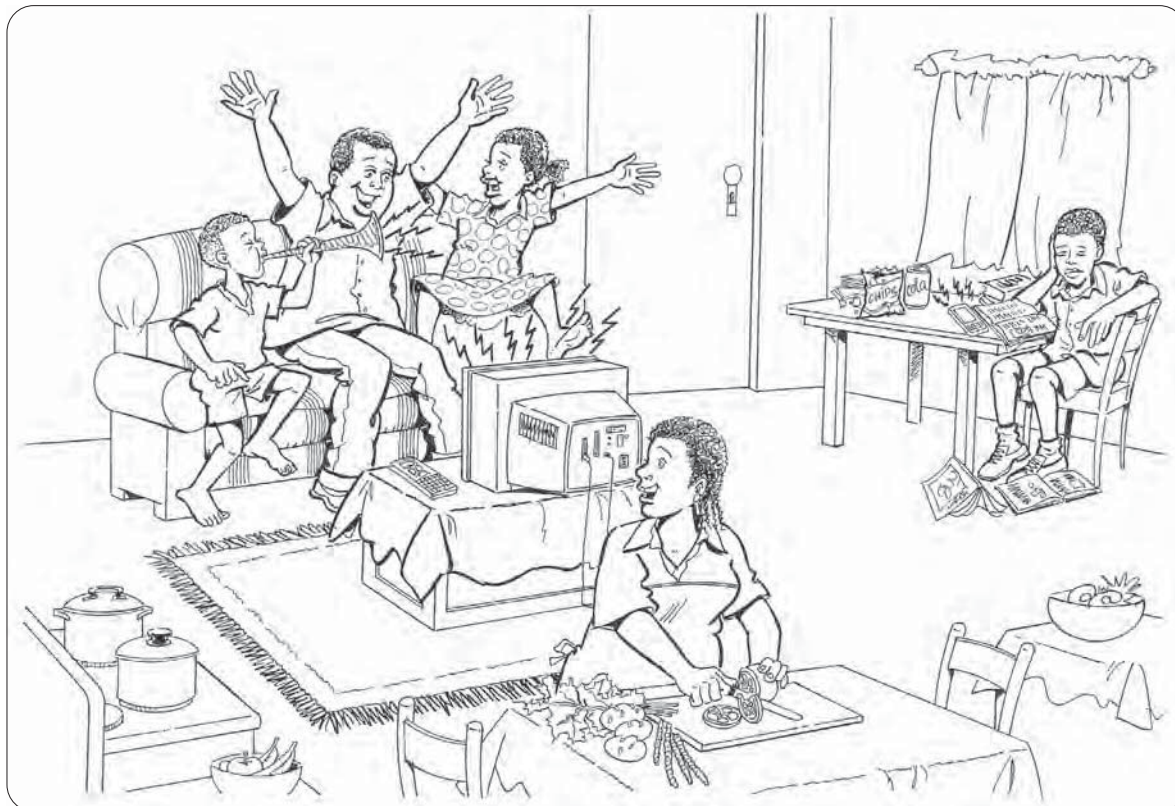
Build a learning environment at home





## Making time and space for homework

Children need to spend time every day doing homework. Study the pictures below carefully and find 10 differences between them. Make a list of things that are helping the child to do his homework and the things that are not helping. Which is the best space for doing homework?



Look after your child's health

Choose healthy foods

Look at these pictures of different kinds of food and drinks. Which ones are healthy? Tick ( ✓ ) Yes or No.



Are they healthy?

Yes

No

Why are they healthy/not healthy?



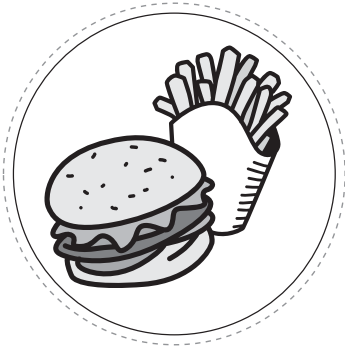
Yes

No



Yes

No



Yes

No



Are they healthy?

Yes

No



Yes

No



Yes

No



Yes

No



Yes

No

Why are they  
healthy/not healthy?

## **Caring for your child**

Children need healthy food to build a strong mind and body. It is good if they eat three times a day. Breakfast is the most important meal. It gives energy to start the day.

Discuss these questions in your group:

1. What foods will help your child to grow strong and healthy?
2. How easy is it to make healthy food for your child? Talk about ideas for doing this.
3. What other things does your child need to be healthy? How can you make sure that your child is well cared for?

Health is very important for success at school.  
Children who are sick, cold or hungry struggle to do well.



## Get involved with the school

### Your relationship with the school

1. Do you think it's important to have a relationship with your child's school? Why do you say this?
2. Are you involved with your child's school? How are you involved?
3. Do you think you could have a better relationship with the school? What do you find difficult?
4. Brainstorm all the ways you think parents and caregivers should be involved in their children's school.



Your relationship with the school is very important. Your child might be unhappy or facing challenges that you don't know about. How can you help them if you don't know what is happening in the classroom?

# I care for my child

You have discussed many ways of caring for your child: by helping them; by communicating with them; by making sure they are healthy; by being involved in their school. Let us explore some of them.

Do you do any of these things? Work on your own first and then discuss your answers with your group. Are you able to do everything that you need to for your child?

Ways of caring ...	Do you do this? Yes or No	How do you do this? Or what stops you from doing this?
1. Helping your child with homework	<div>Yes</div> <div>No</div>	
2. Talking to your child's teacher	<div>Yes</div> <div>No</div>	
3. Going to the clinic when your child is sick	<div>Yes</div> <div>No</div>	
4. Contacting social services or other local government departments when your child needs help	<div>Yes</div> <div>No</div>	
5. Making sure that your child manages time properly	<div>Yes</div> <div>No</div>	
6. Making sure that your child gets to school on time every day	<div>Yes</div> <div>No</div>	

Ways of caring ...	Do you do this? Yes or No	How do you do this? Or what stops you from doing this?
7. Reading your child's report and speaking to them about it	<div>Yes</div> <div>No</div>	
8. Making sure that your child meets all the assessment requirements of the class	<div>Yes</div> <div>No</div>	
9. Giving your child guidance about the choice of subjects and the choice of careers	<div>Yes</div> <div>No</div>	
10. Making sure that your child is safe and secure at home and at school	<div>Yes</div> <div>No</div>	
11. Making sure that your child has the learning resources that they need	<div>Yes</div> <div>No</div>	
12. Giving your child responsibility by getting them to do chores and routines at home	<div>Yes</div> <div>No</div>	
13. Making sure that your child has enough time to do homework after doing chores	<div>Yes</div> <div>No</div>	
14. Being aware of things that are stopping your child from learning and doing well in school	<div>Yes</div> <div>No</div>	

# Helping my child to succeed

Think about what you can do to help your child to succeed at school.

Use what you have learnt in this module to help you.

Write your ideas down under the headings on the right.



## Ways in which you can help ...

Build trust

Communicate

Build a learning environment at home

Care for my child

Get involved with the school

## NOTES

## NOTES



## NOTES

