



## Ways to support your child's learning

### Years 7 to 9

1. **Keep up-to-date** by reading information provided by the school (e.g. newsletters, emails, social media) and attending events whenever possible (e.g. information evenings, open classrooms, parent/teacher interviews, P&C meetings).
2. **Maintain a positive dialogue with your child about what they are learning.** Ask your child about what they are learning at school and show an interest. Offer your support and encouragement for their hard work and efforts.
3. **Establish appropriate study arrangements** at home or another location, such as the library or a dedicated homework class. Help your child develop a routine to assist them to manage school and personal commitments through a homework diary or events calendar.
4. **Ask your child about their learning and school day.** Ask them what they enjoyed most about their school day or the most interesting thing they learned. This shows your child that you are interested in their learning and their wellbeing. If your school uses digital technologies to share classroom learning, use this information to open conversations, especially when they can't remember.
5. **Access local services,** including local community health services, parenting programs and libraries that can support your child's learning and development.
6. **Monitor screen time and sleep.** Maintain ground rules to ensure consistency. Children going through growth spurts need lots of sleep without interruptions from phones and social media so that they can maintain focus on learning, when required.
7. **Involve your child in decision-making,** particularly in matters that directly affect their school and personal life.
8. **Talk with your child about goals and aspirations** and communicate high but realistic expectations for their education and career. Look for opportunities to explore different career options based on your child's interests and skills.
9. **Be approachable and supportive.** Accept that sometimes your child may be more comfortable talking to another adult about their problems, rather than their parent.
10. **Support good relationships with peers** by talking positively with your child about their friends and teachers, and by helping them with conflict resolution skills. If you notice any changes in their behaviour or attitudes that concern you, talk confidentially with the school's Guidance Officer for some advice.
11. **Explore** the resources listed below for ideas on helping your child to learn and other topics of interest to parents.



## Useful resources

- ▶ **Learning Potential website**  
[www.learningpotential.gov.au](http://www.learningpotential.gov.au)  
Ideas to support your child's learning from birth to Year 12.
- ▶ **Triple P Courses for Parents of Teens**  
<http://www.triplep-parenting.net.au/qld-uken/get-started/triple-p-courses-for-parents-of-teens/>  
Parents of teenagers all have different needs – Triple P has many different ways to get positive parenting help.
- ▶ **The Family Dinner Project**  
<https://thefamilydinnerproject.org/resources/faq/>  
Food, fun and conversation about things that matter.
- ▶ **P&Cs Qld**  
<https://pandcsqld.com.au/>  
The peak parent body which represents the interests of state school parents and citizens associations throughout Queensland.

