

Introduction: Supporting Your Child as They Grow

Key Messages

Remember the **golden rules**:

- 1. You are your child's greatest asset.**
- 2. Talk with your child, praise them, listen to them and play with them.**
- 3. Practice is the key for memorisation, retrieval and mastery.**

These are the fundamentals, drawing together the most important aspects of learning during your child's teenage years. They are the three simple things you need to remember to help your teen to learn.

Feel confident in adapting and developing the ideas in the course so they are a best fit for you and your teen. Look at the course as a starting point. One you are free to tailor and adapt so it works for you.

And don't forget, learning is fun. It's exciting. It's stimulating. It's challenging and rewarding. It's about pushing back the boundaries of what we can do, what we know and what we understand. It's about developing and growing. It's about making sense of the world and of ourselves. That's what you are helping your teen to do, every time you help them to learn.

Strategies, Activities and Techniques

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| i. Show Them How | Show your teen how to tackle problems and challenges. |
| ii. Be Uncertain Together | Help Your teen to feel comfortable with uncertainty. |
| iii. Scaffolding Homework | Simplify homework so it is a little easier for your teen to do. |
| iv. 'Might' | Make knowledge provisional by changing the structure of your questions. |
| v. What does the teacher want? | Guide your teen to think from the teacher's perspective. |
| vi. Question Master | Use different questioning roles when talking with your teen about learning. |