

A PARENTS' GUIDEBOOK



**THROUGH THE GALAXY
"SCHOOLANDMYCHILD"**



As parents we don't go to any special schools, we don't get any certificates on how to handle our kids. And when we get in contact with this special thing called "School", there are many situations when a red light emergency signal comes up with a warning "Beware of explosion". Well at least it feels that way.

For over two decades now I have been talking to parents the end of language courses, at parents' meetings, at school plays and end-of-school year meetings. Too often, parents are frustrated, they tell me they would like to help their child, but don't know how. There are also many overprotective parents who do a lot of school work instead of their child and then they wonder why their child can't make friends, becomes egoistic and not independent. In this case the child is the center of the world and parents put themselves second. I would like to offer help to those desperate parents who cry for help and are willing to try some new strategies. You heard me right. I hear their cry of despair. »*What can I do? How can I help? I can't go on like this.*»

Solutions do exist!

There isn't a magic wand, unfortunately.

It is all about the (team) work.

When we (parents) connect with our child, when we show that we want to help, anything is possible. Where there is a common goal, we can make it. Of course problems are different and take a different amount of time. The most important thing is that we persist, that we set an example in solving problems, that we take time to talk to each other. But children don't always share the same beliefs we do or they want to solve problems on their own. Either way, results remain the same if we/they don't change our/their attitude and try harder or differently.



Sometimes children have to face failure, maybe even more than once, to be willing to try something new. For some of them that means that they will actually start studying, coming to classes, opening the book, listening to other students, teachers, parents. It isn't easy. Much too often children return to the past patterns when something goes wrong. The fear of facing something new, additional work for school, changes, ... all these can be a huge pressure. And now that I have mentioned changes, dear parents ...

The first thing is that we as parents start with ourselves, become more aware, find peace and strength in ourselves. Then we will be able to answer our child's question, find the time and energy for listening to and encouraging our child when reciting that not-so-exciting poem for the hundredth time in a row, find loving, but firm words when needed.



My name is Mojca Klemen and after 20 years of being a teacher with all my heart, I would like to share my experience and offer my help to families with kids who lack motivation, are not given healthy boundaries and to all those parents and their kids who want to improve their relationship.

You often tell me that you are willing to do many things when your child is in trouble. But are you really ready to do this, do you think you have tried every strategy that exists on this planet?

Do you know how to be efficient in helping your child?

Let's see how can we make them like school again, gain self-esteem, stop doubting, get equipped with new know-how and just try harder and see some positive changes.

Rule no. 1

As parents we represent authority, responsibility, a role model and a safe harbor to our children. Many times our good efforts collide with our kids searching for the boundaries they could cross. At the same time we should set ourselves boundaries. One of them is not to talk about school or teachers in an inappropriate way if we want our children to take school seriously, respect teachers and value their work. Show them that school and teachers are important, that your children and their happiness and success are important to you.

Children listen to you all the time.

Yes, they listen to you all the time, even when you think they are distracted by playing with their favorite Lego set or drawing unicorns. Their antennae sense all the words, tones, feelings, ...



It is not OK to criticize the system, teachers, judge everything and talk about all these things in front of the children. That way we take away all the credibility of a teacher and he/she can triple somersaults, do the step dance, do experiments, write formulas, recite poems, while giving lessons about history and more and more, all of that at the same time, but there won't be much for the kids to receive. Why?

Because children do what they see, they act upon what they experience at home. **We as parents are their role models.** So we should reconsider before saying something that could cause our children to doubt their teachers, school friends or even themselves, their abilities.

Let them find their own perspective on things, don't make them see the world through your eyes.



Rule no. 2

Let us not just give in the first moment when our child says he/she doesn't want to go to school, doesn't feel well there. We as parents know our kids best. So pay attention. Is it for real? Is there some other hidden agenda behind it? Is there anything wrong with his school friends? Did anything happen that bothers your child? Or he/she just didn't put enough effort and is now afraid to do that test tomorrow? Well sometimes I believe they should get an Oscar for the great performance of being sick. It is possible to get a temperature because of a psychological trauma or fear. And yes, it certainly is not easy to judge when that illness is for real or just a way out of some trouble they think they cannot overcome. **It helps if we teach them to listen to their body, how to cope with stress, not to postpone something, because it will take much more time and effort then.** It is always best if we talk when doing the house chores together, go for a walk. Our child gets the opportunity to open up, listen to us and we will get the same.

Let's find a solution. Let them be a part of that solution.

Let's make our kids' issues our priority.

Teach them to face the problem and solve it, no matter how hard it seems.



Let your child start with some short-term goals that are easy to achieve. And when the results come, let him set another goal. You can help him with planning and praise him whenever he achieves the goal. Eventually he/she will understand that goals are achievable with daily practice and perseverance. Small steps should be the mantra. 😊

This way there is not a chance for too much homework, too many topics to cover, too many test papers at once which would cause your child to break under all these tasks. He/she doesn't understand that it was this postponing which caused this. Some parents tend to overindulge, but this is not beneficial to their kids. And the kids just grab this opportunity to get what they want.



It is especially difficult to explain to a child who has a pile of unaccomplished tasks waiting for him that anything is possible if you really want it. So let's not wait for the troubles, start with talks, planning, showing them how it can be done before it is late.

When there is a problem, our child should hear our questions: **“What are you going to do? How are you going to do this? When are you going to do this?”**. This will be of a great help. Our child will get the power of decision making. Our last question should be: **“Do you need any help?”** Don't say: **“How are we going to do this?”** In that way you rob him of his responsibility and the satisfaction when achieving the goals by himself.

Rule no. 3

Too often it happens that parents say: “Well, I wasn’t good at English, so I expect the same with my kid.” Or “I haven’t got any talent for this and the same goes for my child.“ Some would say:” We don’t like Maths and neither do our children. Might be genetic in our family.” Well this is not funny at all. I tell this to parents. When saying such things, our children get the message that this is really like that.

Don’t set them the limits that used to be your own,

because your child will feel that and act upon that. “My mum said she would be ok as long as the mark is not negative”. So no wonder this child won’t strive for more, when his mother is ok with a satisfactory result. But maybe the parent isn’t aware that by saying this he sets a limit for his child and the child understands this as if he isn’t capable of achieving more.



There are also parents who want to fulfill their dreams, ambitions through their children.

“I didn’t have the possibility to play football, so you are going to do it.”

Maybe we don’t know how to listen to each other anymore. Children have many things to say, they just need a good listener. **So, please, don’t diminish your child’s self-esteem, joy and curiosity with emphasizing his weaknesses, determining his capability limits and choosing his hobbies as if they were your own.**

Show your child you trust him, you might be surprised.

If you help him to find things he loves and encourage him to become good at them, he will also gain enough self-esteem to accomplish the tasks he doesn’t like.

Parents should show their child the way by setting an example. It is important to convey the message: “Yes, it is great to have something you really like doing and being successful, but it is also worth persisting when things aren’t going that well or we have to do something that we are just not into at all.” We have to stick to the rules and standards we set.



It isn’t enough to take care of what we say and then again one day start talking about “this rude teacher who gives too much homework and demands of your child to walk to his classroom without you, all on his own”. That is just one example of how you take away the power from the teacher. You as your child’s idol know it all in his eyes. And you should know better and try to build the bridge between the teacher and your child. That would help your child more, much more.

It takes a lot of work, but the results are better for children & also for their parents. We might have to clear old mind patterns and get rid of emotional burdens so a bit more thorough work on ourselves, our families is needed for this. A neutral third person, maybe a coach, or a therapist comes handy in that case.



Thank you for taking your time.

Thank you for doing the best you can for yourselves,
for your children, grandchildren.

I believe you will find my thoughts, hints,
recommendations helpful and will implement them
into your lives. I would be grateful to get some
feedback which might also help other students and
their parents. So please, share your thoughts, insights.

In case you can't cope with the issue on your own,
you can get in touch with me. We will take a look at
your child's issue & define what your child's challenges are
and see how your family can help your child.

Everything is easier when your family supports you.
If you decide to help your child and thus yourselves too
with my help, I will be very happy to provide
my best service.

