

How to Overcome Behavioral Problems

Here are a few ways that you can use to overcome behavioral problems that prevent your child from learning.

Be a mentor - Construct a trusting and open relationship with your child. Communication between you and our child is the key.

Be proactive - if you sense that something is wrong, call the teacher and your child's school before it becomes an overwhelming problem.

Be calm - When communicating with your child, respond but do not react. Consider their self-esteem and think about what actions and words you want them to achieve. Remember, it is the way you say things as well as what you say.

Be a team member - Work with the school. Listen to the concerns, and reflect on them.

Be constructive - avoid blaming your child, your spouse (a) and / or school for the problem.

Be a Coach - Help your child solve the problem. Avoid telling him/her what to do, but assist in choosing the best plan. Involve your child in all steps of the process of solving the problem.

Be a Wizard - with your child, plan the actions that will solve the problem. Keep in mind that you want to treat the cause, not the symptom. Include your child's school in the plan.

Be a positive -never ask "Why". Better ask "How", "What", "When", and build a system of expectations about behavior with your child.

Be a leader - Set a good example by showing how to solve problems in your own life and "think aloud" process.

Be a cheerleader - Celebrate small achievements. Note any efforts you have made towards change, or to better or solve the problems independently. Recognition of specific targets is better than general praise.

Children today are more educated than previous generations due to the fact that teenagers' graduation rates are higher with them being more qualified than before - we must be doing something right.

Take a moment and think about how it was when you were a child or teenager (the real version). Was there was a period in which you were less motivated in school? Most students need a "nudge" at times, but this is - and always has been - perfectly normal.

As parents we are naturally teachers, although we do not get pay for it, no vacations, no benefits and no chance of promotion (it's time for a union?). But our duty is very different from a trained educator - the teacher's classroom. Parents take primary responsibility in teaching values, responsibility and self-discipline. This is where the style of parenting is important.

Years of research tells us that the style of being authoritarian or 'democratic' is the most effective in

having children be responsible and well-motivated. This also provides the structure, monitoring and feedback that predict academic success.

Our way of parenting also requires consistency and flexibility. This means that the way we educate a five year old child is not the way we educate a teenager.

Teaching children to be more independent is part of evolution. It can be hard and sometimes stressful, but learning to be independent increases motivation and achievement. (This also gives you the hope that they leave the house before they are 35.)

Typically parents enjoy helping their children learn. They create and share their enthusiasm and joy that goes hand-in-hand with learning to speak, throw a ball, or recognize shapes and colors. This enthusiasm can be lost as children are advancing from grade to grade, but parents can take steps to re-create an atmosphere in the house that promotes learning and achievement.

Education is a shared adventure. Parents are important partners in the education of their children. 'Communication' and collaboration are not platitudes, they are essential components of a team that make a difference in student achievement.

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