

Parenting Education and Family Engagement

Working together to help students be successful in school.



Take Home Tips

Empowering your child through the struggle

It is normal to want to help when you see your child struggle trying to accomplish something. You may find yourself wanting to alleviate that stress and complete the task for your child. However, this adds more stress on yourself and your child misses out on a learning opportunity. Teach your child to embrace the struggle. Here are some strategies to empower your child to continue to work through the struggle.



- Validate your child's feelings.
 - Ask your child what you can do to offer support.
- Guide your child to the answer, instead of providing the answer.
 - Ask open ended questions. For example, "What do you think might happen if we try this?" Use the 5 W's: Who, What, Where, When, Why and How.
 - Shift your child's attention to where the answer or strategy is located. For example, "Let's reread the last paragraph and see if the answer is there."
 - If your child is still struggling, provide the answer but make sure to explain your thinking and how you came up with the answer.
- Boost your child's confidence by assigning age-appropriate tasks to set your child up for success.
- Remind your child of past struggles. How long did it take before reaching success? Did it take one time, or multiple times?
- Focus on the positive. Ask how it felt after your child persevered through a previous struggle?
- Acknowledge how your child is feeling after accomplishing success. Join in on the celebration!
- Always encourage the process that is being learned versus the outcome of getting the correct answer.

Source: Schwarz, Nicole. How to empower your kids when they struggle

Retrieved from: <https://imperfectfamilies.com/the-heartbreak-of-letting-your-kids-fail-and-why-its-a-good-thing/>

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