

Easy Tips for Parents

Introduction

As a parent, you truly wield the power to enrich your child's existence, socially, emotionally, and academically. You care profoundly about your child's success, and realize that academic achievement is only partly determined by studying. Confidence, work ethic and diet serve an integral role in your child's performance.

Confidence

Children must foster the confidence to seek knowledge, consult their educators for assistance, initiate in ideas, read aloud, and ask relevant questions in class.

Without confidence, your son or daughter will shyly recede amid class discussions and group projects, instead of vocalizing their ideas.

Confident children request clarification on school topics, and bolster their language capacity by communicating with peers!

So, how do you develop your child's confidence? As a parent, you fundamentally shape their self image and ability to cope in social situations. So, here are a few confidence building tips that any parent can use:

- Consistently express that you believe in your child and their abilities.
- Anticipate the best from your child.
- If your child falls short of your expectations, communicate that you expect better. Reassure them that they are capable of excelling with greater effort.
- Applaud them for their efforts when they excel in school.
- Assure them that they have something to contribute to their school environment.
- Cultivate their social confidence with group or extracurricular activities.

Hard Work

As parents, we are conditioned to dote upon our kids, shower them with adulation, and immerse them in doting compliments.

As much as we love our children, we must refrain from spoiling them too frequently! Your son or daughter may be the unwavering apple of your eye, but work ethic is absolutely vital.

If your child expects to be rewarded for very little effort, this will merely detract from their motivation to work diligently in school.

So, how can you balance nurturance with tough love?

- Reinforce the notion that hard work reaps reward, but indolence does not!
- Reward them for their hard work.
- Associate poor grades with a lack of effort (instead of a lack of intelligence).

Diet

Many foods promote the synthesis of essential proteins, enzymes and neurotransmitters, all of which aid daily cognitive function, learning and memory.

A diet rich in saccharine beverages and candy will strip your child of foundational, brain building vitamins and nutrients. This can result in memory lapses and a lack of concentration.

A diet sufficient in vegetables, lean protein, healthy grains and fruit, however, will significantly enhance your child's mood, concentration and the cognitive capacity.