



What Should I Do When My Child Asks for Help?

As parents, we often want to shield our children from struggle and from making mistakes.

However, when we solve problems for them or give them answers, we indirectly send a message that they are not capable. We want to empower our children to solve problems on their own, realize that making mistakes and struggling helps them to ultimately attain learned concepts all while building their overall self-esteem. Is it hard to allow this to happen for our children? YES! We understand how hard this can be, so we have provided some tips for you while working along-side your child during this next phase of Distance Learning:



Tips to Help You Empower Your Child in Moments of Struggle:

- 1. Re-word the directions and make sure they understand the task expectations, but do not provide answers.**
- 2. If your child needs help decoding a word while reading, encourage them to:**
 - a. Get their mouth ready with forming the sound made by the first letter of the word.
 - b. Match the beginning sound heard with what is happening in the context of the story or in the picture clues. (i.e. What word starts with “ch” and makes sense with what is happening in the story?)
 - c. Find little words inside the big words. (i.e. Look closely at that word, do you see a word you know inside? For example, *take* inside *mistake*)
 - d. Chunk the word by looking for spelling patterns. (-at, -ang, -ook, etc.)
- 3. If your child needs help spelling a word during a written task, encourage them to:**
 - a. Check the Word Wall Resource (1st & 2nd Trimester Words) provided by your Homeroom Teacher
 - b. Slowly stretch out the word and encourage them to record the sounds heard even if it doesn't produce the traditional spelling. (insert video)
 - c. Think of another word with the same spelling pattern. (i.e. “if you can spell “day,” you can spell “tray.”
 - d. Look at other resources around your environment. For instance, if they need to spell a day of the week, look at a calendar in your house.
- 4. If your child needs help completing math tasks after a lesson**, encourage your child to re-watch the pre-recorded lessons and pause at various steps to see if your child is understanding in smaller chunks. When applicable, provide your child manipulatives, such as buttons, cubes, cheerios to aid their learning. Reach out to your teacher for other recommendations.
- 5. If these tips don't work and your child is still struggling**, reach out to your child's homeroom teacher for assistance, but please try your best to never give your child an answer.