

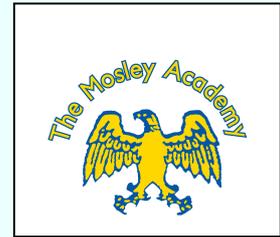
# How to help children & young people learn at home.



## A Parent's Guide to Success



**Welcome**



**Research shows that when parents play a major part in children's learning they make a real difference to achievement.**

**Young people spend only 15% of their waking time in school so you, as parents and carers, are essential to your child's success. The importance of your input can never be underestimated.**

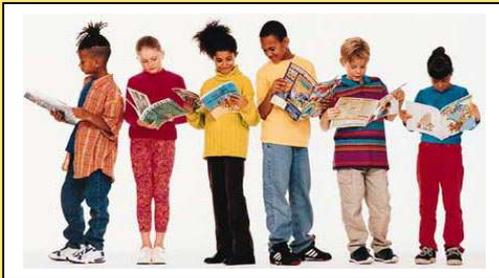
**Many families ask 'What can we do to help?'**

**We trust this booklet goes some way to answering that question and we hope you will join us to ensure that:**

**If you can give your son or daughter just one thing – let it be enthusiasm**  
Bruce Barton



Reading is to the mind what exercise is to the body.  
Anon



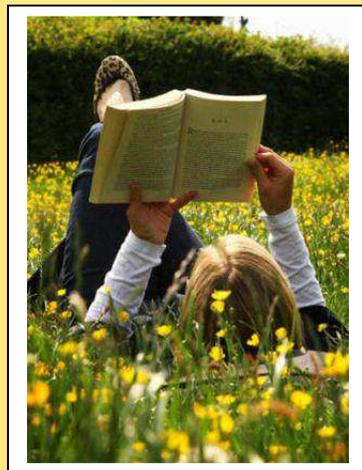
**Great things are not done by impulse but by a series of small things brought together**

Vincent Van Gogh

**The future is not a gift – it is an achievement.**  
Harry Lauder

**Play is our brain's favourite way of learning.**  
Dianne Ackerman

**Achieving starts with believing.**  
Anon



**High achievement happens in a culture of happiness and high expectation.**  
Anon.

**We can if we think we can**

# Getting Ready to Learn

Using ideas from this booklet you will find out a little more about:

- ✓ How we learn in different ways
- ✓ How we can use our home environment to help our children to learn
- ✓ Why what we eat can affect how we learn.
- ✓ Why sleep is important for our learning
- ✓ How we can help to make learning more memorable and keep it fun
- ✓ Why self-esteem is important

## Multiple Intelligences

There are many ways in which we can be 'smart' - and it is thought that everyone is intelligent in different ways.

Try out this questionnaire - and see where you and your child's special gifts are most developed - and how you can help to nurture all of the intelligences.

Simply tick the true or false box.

Do not think too deeply about the answer - just go for your first instinct.  
Then total your 'True' answers

<b>Number Smart - Logistical Intelligence</b> <b>The intelligence of numbers and reasoning</b>	<b>True</b>	<b>False</b>
I ask a lot of questions about how things work		
I can add numbers easily in my head and/or I have enhanced maths skills for my age?		
I enjoy playing games and solving puzzles		
I like creating charts, graphs and lists		
I enjoy computer and any maths games		
I would try and find a fair and logical solution to an argument		
I always notice when people are not sensible in what they say		
I like it when things are measured, sorted out and put into groups		
I try to place things in a logical order If I have to memorize something		
I like doing experiments and questioning the results		
<b>Score total (out of 10)</b>		

<b>Body Smart - Kinaesthetic Intelligence</b> <b>The Intelligence of the whole body and hands</b>	<b>True</b>	<b>False</b>
I think I excel in at least one sport or have well developed physical abilities		
I find it hard to sit still for a long time		
I like working with my hands to make things		
I have the best ideas come when I am walking or doing something		
I can mimic other people's gestures or mannerisms		
I often feel the need to put my hands all over something I have just seen		
I enjoy running, jumping, wrestling or other similar activities		
I use a lot of body movements when I am talking		
I sometimes report different physical sensations whilst thinking or working		
I enjoy working with hands-on materials like clay or finger paints		
<b>Score - (out of 10)</b>		

<b>Word Smart - Linguistic Intelligence</b> <b>The Intelligence of words &amp; communication</b>	<b>True</b>	<b>False</b>
I believe books are very important		
I hear words in your head before you read, speak or write them down		
I prefer listening to the radio or CDs than watching TV		
I am a good speller or good at word games like Scrabble or crosswords		
I like jokes and tongue twisters		
If something breaks and won't work I look at the instruction booklet first		
I have a good memory for trivia		
I enjoy telling stories or jokes		
I communicate to others in a highly verbal way		
In adverts I notice the words more than the pictures		
<b>Score - (out of 10)</b>		

<b>People Smart - Interpersonal Intelligence</b> <b>The Intelligence of Social Understanding</b>	<b>True</b>	<b>False</b>
People often come to me for advice		
I prefer group sports to solo sport		
If I have a problem I will ask for help and try not to solve it on my own		
I have at least 3 close friends		
I like social games and activities rather than those I do alone - I belong to a club/society		
I like teaching others and know how to do it		
I think of myself as a leader or others have called me that		
I feel comfortable in the middle of a crowd		
I like parties		
I prefer being in a group at night to being on my own		
<b>Score - (out of 10)</b>		

<b>Picture Smart - Visual/Spatial Intelligence</b> <b>The Intelligence using images</b>	<b>True</b>	<b>False</b>
I prefer a map to written directions		
Art is one of my favourite subjects		
I would love to use a camera or camcorder to record my world around me		
I enjoy doing jigsaw puzzles		
If something breaks I study the diagram to see how it works		
I like to draw or doodle - figure drawing is often more advanced than others		
I have vivid dreams at night		
I can see how something would look if I were right above it		
I can usually find my way around strange places		
I prefer books that have a lot of pictures		
<b>Score - (out of 10)</b>		

<b>Myself Smart - Intrapersonal Intelligence</b> <b>The Intelligence of Self-Knowledge</b>	<b>True</b>	<b>False</b>
I like to work alone without anyone bothering me		
I like to keep a diary		
I like to think for myself and not follow others		
I know what I want to do in the future		
If I have to memorize something I close my eyes and 'feel' the situation		
I stand up for myself		
I would like to be my own boss		
I have a special hobby/interest that I keep to myself		
If something won't work I wonder if it's worth fixing		
People say I am strong -willed		
<b>Score - (out of 10)</b>		

<b>Nature Smart - Naturalistic Intelligence</b> <b>The Intelligence of Nature &amp; Classification</b>	<b>True</b>	<b>False</b>
I like being outside		
I enjoy gardening		
I love to go walking in the woods/countryside - looking at trees and flowers		
I care about the environment		
I can recognize lots of sorts of animals		
I recycle as much as I can		
I switch off lights to save energy		
I like to collect things - cards, rocks, stamps etc.		
I hate being stuck indoors for a long time		
I like the wind and the rain		
<b>Score - (out of 10)</b>		

<b>Music Smart - Musical Intelligence</b> <b>The Intelligence of Rhythm &amp; tone</b>	<b>True</b>	<b>False</b>
<b>I have a good singing voice</b>		
<b>I can tell when someone sings or plays an instrument out of tune</b>		
<b>I spend a lot of time listening to music</b>		
<b>I tend to hum to myself when I am working or busy</b>		
<b>If I have to memorize something I tend to make a rhythm or rhyme about the event or list</b>		
<b>If I hear a piece of music once or twice I can remember it</b>		
<b>I can keep time with a piece of music</b>		
<b>I cannot imagine a world without music</b>		
<b>I play a musical instrument</b>		
<b>I often find a TV tune or advertisement tune running through my head</b>		
<b>Score - (out of 10)</b>		

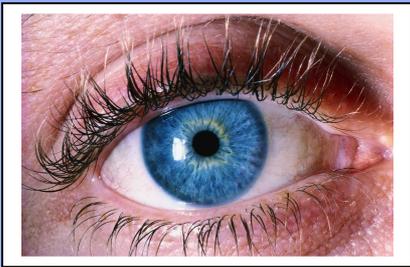
**There is a theory that every person has all 8 intelligences. These intelligences all function together in different ways – and everyone is unique in that sense. Most of us fall somewhere in between the 8 intelligence profiles – highly developed in some areas, a little in some others and less so in the rest.**

**Howard Gardner who wrote about this said that most people can go on to develop each intelligence to a better level of competency. Have a look further on in this booklet for more explanations.**

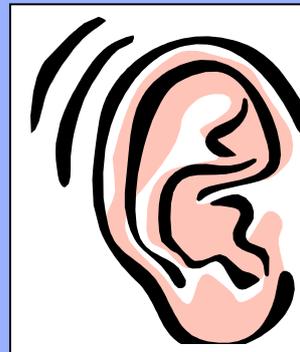
**Many educationalists don't agree entirely with Gardner but this can be a useful thing to open up a conversation about learning. Use it to talk to your child about how they think of themselves as a learner and what helps them to learn best.**

# Good learning happens when we know that we can learn in different ways

We take in information by:



Seeing (visual)



Hearing (auditory)



Doing (Kinaesthetic)

However, the best way to learn is through all of our senses at the same time.

## This is Multi-Sensory Learning



# What YOU do at HOME really counts

## The Early Years

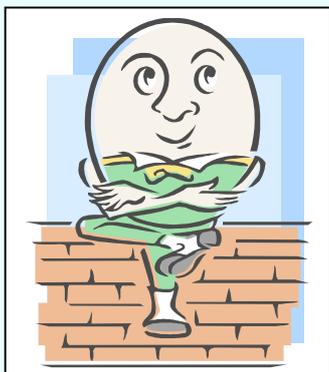
**Talk, listening and play** are at the heart of good literacy and learning skills. Parents who talk to their children, encourage and play with sounds and language can really make a difference to children long before they start to read and write.

### Regular Chatter to babies and toddlers

... about what you are going to do today or asking your child to predict what the weather will be like

### Word games - like 'I Spy'

**Listen** - When you are out and about ask your child to listen to the different sounds that are around you and decide what they are.



**Sing songs together - nursery rhymes** and **action games** are a great way to explore language whilst having fun.

Movement can help us all to learn - not just children

## Developing language and learning

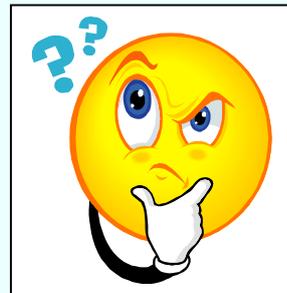
**Story Reading and telling** remains an important aspect of developing literacy and language skills. Look at the pictures together,

**Go to the library** - browse all the books - fiction and non-fiction. Talk about books.

**Buy books** for presents



**Ask your child questions** - to develop their vocabulary and talking skills :  
ask them to **report** on what they have been doing - to **explain** about something they have found - to **analyse** why something happened to **predict, plan, describe** and **explore** through talk.



**Play games** - to help to expand vocabulary: e.g. play miming games to denote **action words**. Memory games to learn lists

**Describe** 'mystery' objects in a bag - **make categories** of things that go together - **play** obstacle courses - to provide **position words**.

Pick up different **magazines, leaflets and flyers** to have in the house - talk about what they are for.

Remember to talk about all the **other reading and writing** your child does to help them learn - e.g. **internet, magazines, comics** - sending **e-mails** and **podcasts** and **DVDs**.

**Be Curious about reading and writing!**

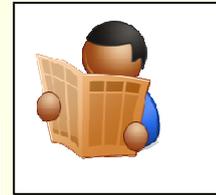
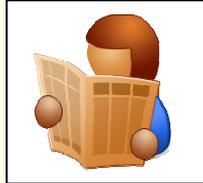
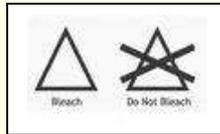
## Help your child become aware of things in print

Point out and encourage your child to talk about all the printed materials you have in your home and when you go shopping etc.

## Read the newspaper together as a family

Talk about reading - when doing things around the house - cooking, washing symbols etc.

Let your child see you reading!



Have a supply of cheap and cheerful **writing materials** in the house - so it is readily available - encourage your child to write the shopping list - or a note to the milkman or labels and things on the calendar - a postcard to a relative who lives further away.



**Most of all - KEEP IT FUN**

**Stop when your child wants to  
and don't force them to do anything they are not ready for.**

## Your Home - A Place for Learning

As your child moves through the school stages you can support your child grow into an independent learner

How you help your child to organize their learning environment can help this process:

Here are some useful tips when thinking about your home environment as a place for learning:

- ✓ Natural light is good for learning
- ✓ A quiet place - not necessarily silent - sometimes quiet, gentle, instrumental music can help
- ✓ Keep the temperature warm but even - our brains like plenty of oxygen -but it is hard to learn in very hot or cold conditions
- ✓ A flat working surface - preferably one where study materials can be left out, if possible.
- ✓ Somewhere to put things on the walls - we have powerful peripheral vision which allows us to take in information from all around us. Our brains can deal with visual information at a sub-conscious level.
- ✓ A variety of paper, pens, crayons, pencils etc.. It need not be very expensive equipment - cheap and cheerful is fine. Encourage your child to draw and illustrate their learning. They can create their own 'learning posters' to put on the wall.

These are just a few ideas. They are meant to support your child to enjoy learning and to grow in independence.

Parents and carers can be very influential in encouraging young people to learn - but we must remember that we want them to be doing work alone for some of the time - not expecting you or others to be 'doing it for them'

## Finding Time

It is important that students get into the habit of working at home and using their time effectively and efficiently.

The grid on the opposite page can be colour coded to include all the things that we must do and then show how much time is left over for leisure time.

On the grid colour in the following using different colours and make a key to show what you are doing:

1. The times you are at school
2. The time you are in bed
3. The times when you eat
4. The times when you do something you should not miss - those 'unbreakable commitments'

Look at the time that is left. This is time to organise as you please. Sometimes watching TV might be OK. Sometimes playing on the computer. But some time has to be set aside for school work - so that it gets done on time and with the proper concentration you need to do it well.

Your school might help with homework/revision planners and might suggest the amount of time spent on different areas of the curriculum. It might well be different for each year group in the school

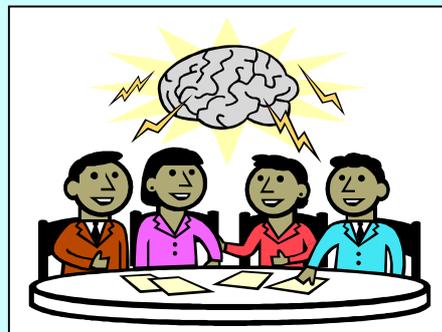
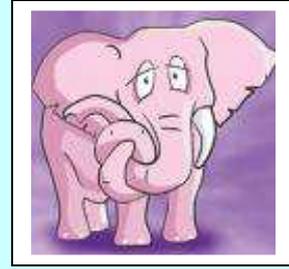
Use the grid to organise your time more effectively - so that the work gets done but you still have time off for your hobbies and friends.

It's quite amazing how much time we really have!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0.01 01.00							
01.00 – 02.00							
02.00 – 03.00							
03.00 – 04.00							
04.00 – 05.00							
05.00 – 06.00							
06.00 – 07.00							
07.00 – 08.00							
08.00 – 09.00							
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22.00 – 23.00							
23.00 – 00.00							

# Memory - making learning stick

- ✓ Learn a topic within 24 hours
- ✓ Make revision cards of topics
- ✓ Make up questions - and then answer them
- ✓ Draw posters
- ✓ Role play - act out the learning
- ✓ Draw diagrams - spider diagrams or mindmaps
- ✓ Use colour - colour code the learning
- ✓ Create lists
- ✓ Teach it to someone else
- ✓ Create a rap or poem
- ✓ Read or sing it into a tape recorder and then play it back
- ✓ Think up pictures in your head

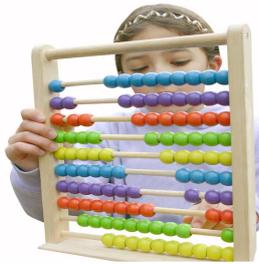


- ❖ Repeat within 24 hours
- ❖ Repeat again for 10 minutes at the end of the week
- ❖ Repeat again for 10 minutes two weeks later
- ❖ Repeat again for 10 minutes on month later

**Be Successful!**

## What the questionnaire might mean

Depending on how your son/daughter scored, the following might be helpful:



## LOGICAL INTELLIGENCE (Number/Order Smart)

### Behind this 'gift'

People who have strengths in the logistical area look for patterns when they solve problems. This intelligence is very important at school and in taking standardized test. Some school subjects might be difficult for children who aren't so strong in the area.

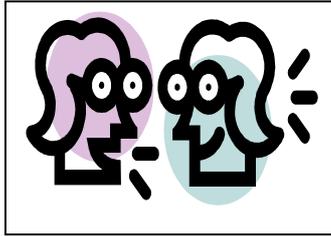
You might well see your child becoming the next Einstein, engineer or computer whizz!

### Your child might:

- ❖ Enjoy using symbols and codes for things
- ❖ Enjoy doing logical puzzles and working out sequences
- ❖ Be able to see patterns between things easily
- ❖ Like to do things in a ordered way
- ❖ Learn by doing things a step at a time

### To develop this intelligence further

- encourage them to make lists and use patterns, symbols and codes to learn .
- Play games like chess and monopoly with them.
- Encourage brain teasers and other logic type puzzles.
- Play games with numbers and other maths based computer games & sudoku



## INTERPERSONAL INTELLIGENCE (People Smart)

### Behind this gift

Interpersonal intelligence is about understanding other people. It is closely tied to intrapersonal intelligence - understanding of self. Usually one can't develop without the other. Children need to build their talents in both areas.

### **Your child might:**

- ❖ Find it easy to get on with a range of people
- ❖ Enjoy working in groups
- ❖ Learn best when they have a chance to share their learning with others
- ❖ Enjoy revising/learning with other people - to be able to test what they know with others
- ❖ See things from some one else's point of view easily.

### To develop this intelligence:

- Encourage them to work using members of the family.
- If possible have them help younger children with their school work .
- Give them some responsibility to plan something for the family and present it at a 'family meeting'
- Encourage volunteering work - doing things for others in the community as well as joining groups for people their own age,



## KINAESTHETIC INTELLIGENCE (Body Smart)

### Behind this gift

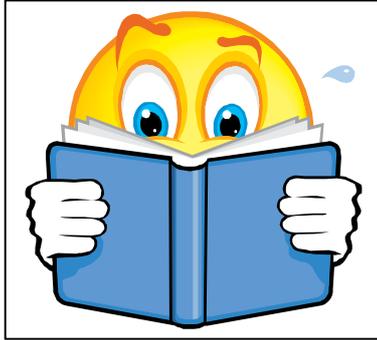
Does your child 'talk with their hands'? That's a sign that they use their bodies to solve problems. Often this physical intelligence is downplayed in classrooms in favour of language and logic and can be seen as disruptive in the limited physical environment of a school.

### **Your child might:**

- ❖ Love to explore through touch and movement
- ❖ Enjoy field trips, drama and model building
- ❖ Have good co-ordination and sense of timing
- ❖ Sometimes feel restless in a classroom

To develop this intelligence and maximise the effects for learning:

- make sure they take regular exercise breaks since these will help them work more effectively
- encourage them to create mimes/actions to help them learn and remember things.
- Play games like twister or charades
- Play a sport together
- Encourage hobbies like gardening or cooking
- Make up a 'secret' sign language for fun at home
- Make sure that it's OK to use physical gestures to express emotions - e.g. jumping up and down when excited.



## LINGUISTIC INTELLIGENCE (Word Smart)

### Behind this gift

Linguistic abilities are all about words and how we communicate. We put them to work whenever we speak, read, write or listen. In the classroom children must be able to use their linguistic talents all the time. For those who aren't strong in this area school work can sometimes be a struggle.

### **Your child might:**

- ❖ Enjoy playing with language
- ❖ Like word puzzles
- ❖ Often want to write things down
- ❖ Be able to listen for long periods of time

### To develop this intelligence

- Make sure you go to the library often
- Keep a variety of reading material around the house - magazines, audio books comics etc.
- Ask them to keep a diary or journal
- encourage them to create stories and to talk out loud to themselves if they are trying to learn something



## INTRAPERSONAL INTELLIGENCE (Myself Smart)

### Behind this gift

People with strong intrapersonal gifts have a good sense of self. This intelligence is closely related to interpersonal - understanding of others. We need both skills working together.

### **Your child might:**

- ❖ Be aware of their own feelings about lots of things
- ❖ Think a lot
- ❖ Have strong personal beliefs and values
- ❖ Enjoy spending time on their own to think things through
- ❖ Learn best when they are on their own without distractions

### To develop this intelligence:

- Give your child a diary and encourage them write down what they think about things.
- Set goals and targets - let him/her decide what contributions he/she can make to the running of the family - making the bed every morning - setting the table etc.
- Have a quiet time in the daily routine - just before or just after eating perhaps.
- Encourage them to express their emotions - ask if they can explain how they feel about things going on in their life - without passing judgments



## **MUSICAL INTELLIGENCE** **(Music Smart)**

### Behind this gift

Musical Intelligence is the earliest of all talents to emerge - even babies can sing and match rhythms. Exposure to music can help children increase their coordination, understand their own and other cultures. It can help them relax and even improve their maths skills.

### **Your child might:**

- ❖ Hear patterns in sound and enjoy working with sounds
- ❖ Be sensitive to sounds around them
- ❖ May become emotional when reacting to music
- ❖ Enjoy improvising and playing with sound
- ❖ Often sing as they move around
- ❖ Like learning when music is part of the activity or in the background

### To develop these skills further:

- Encourage them to play background music that has no words and help them put their work to music to learn it.
- Give plenty of opportunities to sing and play musical instruments at home if possible.
- Listen to music together and discuss how music makes you feel
- Watch a TV programme and ask your child to describe the kind of mood that the music of the programme creates.
- Use raps / rhythms to learn lists - times tables etc.



## VISUAL/SPATIAL INTELLIGENCE (Picture Smart)

### Behind this gift

Ever sketch the dimensions of a room before re-arranging the furniture? That's using spatial intelligence. There's even a link between our ability to form mental images and reading comprehension. Our brains are wired to deal with lots of images and they can be a powerful tool for learning.

### **Your child might:**

- ❖ Be able to picture things in their head easily
- ❖ Be able to move their body and objects through space easily
- ❖ Be able to plan and build 3-dimensional objects
- ❖ Like to learn by looking and observing

### To develop this intelligence further:

- Encourage them to learn from graphs, diagrams, pictures and mind maps - and use colour a lot.
- Get some cheap and cheerful art supplies into the house - encourage them to use it to paint, draw and make models.
- Allow them to re-arrange their own room - making a sketch plan first.
- Ask your child to make a plan for the quickest way to get somewhere - when going shopping for example.
- Encourage hobbies in photography, making videos, chess etc.



## NATURALISTIC INTELLIGENCE (Nature Smart)

### Behind this gift

Naturalistic talent is the ability to easily recognize and classify plants, animals and other things in nature. Some young children are great at this - just think of those 4 and 5 year old children who manage to know all about dinosaurs.

### Your child might:

- ❖ Be able to describe features of the natural environment
- ❖ Be concerned about the effect the human race is having on the environment
- ❖ Enjoy working outdoors and learn well there
- ❖ Have a strong sense of smell and touch

### To develop these skills

- Encourage them to sometimes take a walk outside to do their thinking - and to read and work outside at times.
- Encourage them to keep scrap books and collections about nature.
- Go outside and listen to the bird sounds - help them to find out what they are
- Plant a herb garden together and ask your child to describe how each of the herbs is used in cooking or medicine
- If possible take them to science museums to see how biologists collect and classify things
- Read articles about environmental issues - talk about the effect on nature that Man is having.

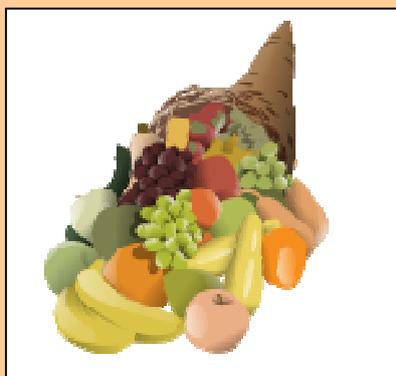
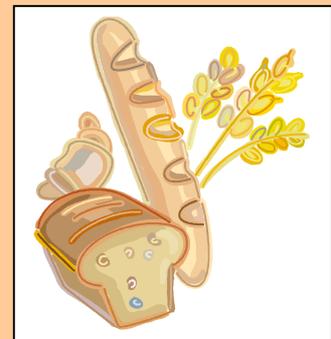
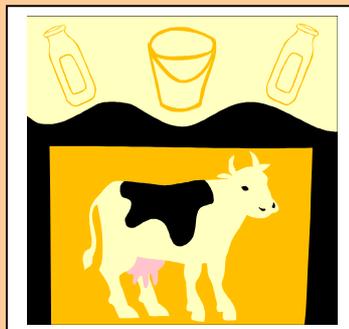


# Does what my child eat affect their learning?

An important role that parents can play in encouraging a healthy diet.

## Things to know:

- ✓ Food can affect thinking just as much as medication, drugs and disease.
- ✓ Proper nutrition can boost learning and thinking power
- ✓ The ingredients in protein are critical to the brain - for example helping the brain perform calculations and increasing concentration span
- ✓ Breakfast is thought to be the most important meal of the day - children who only have toast or cereal are at a disadvantage compared to those who also have yoghurt, cheese, eggs or fruit.
- ✓ Too many additives in food can negatively affect the behaviour of some children
- ✓ Research tells us that drinking water helps concentration - a thirsty brain is less likely to learn and remember



# Ways to Eat for Learning

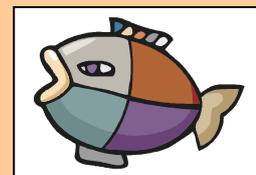
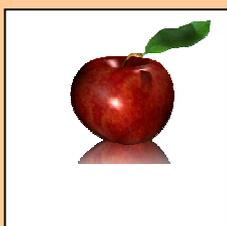
Give your child a regular intake of fresh water - try to avoid diluting with juice if possible.

Encourage a balanced, healthy diet. Plenty of 'Brain Food' like fish and green vegetables really does help

Avoiding too much chocolate, coffee, sugar, fizzy drinks - things with E numbers and, of course, alcohol. These are quite bad for the brain. They interfere with the messages being passed between brain cells.

Eat more

- ✓ Fresh vegetables
- ✓ Fresh fruit
- ✓ Oily fish
- ✓ Whole grains



## Brain Food Examples

Carrots  
spread

Liver

Oily Fish

Low fat

Tomatoes

Aubergines

Spinach

Brown rice  
bread

Milk

Cheese

Wholegrain)

Cereals

Beans

Lentils

Potatoes

## Why is self-esteem important?

We all like to feel good about ourselves - and children are no exception.

Indeed, children's emotional well-being affects the way they might behave and, in turn, affects their learning.

If they have a positive image of themselves as a successful learner- then they will behave as one.

This will make them more willing to take risks - it is only through making mistakes that we learn and succeed.

Your child looks to you to help form this image of themselves.

**So - if you expect your child to find learning difficult or boring - or you think your child is not very clever - they will BELIEVE YOU!**



We all need to be careful what we say to our children - They will live up (or down) to what you expect of them and the importance you attach to learning.

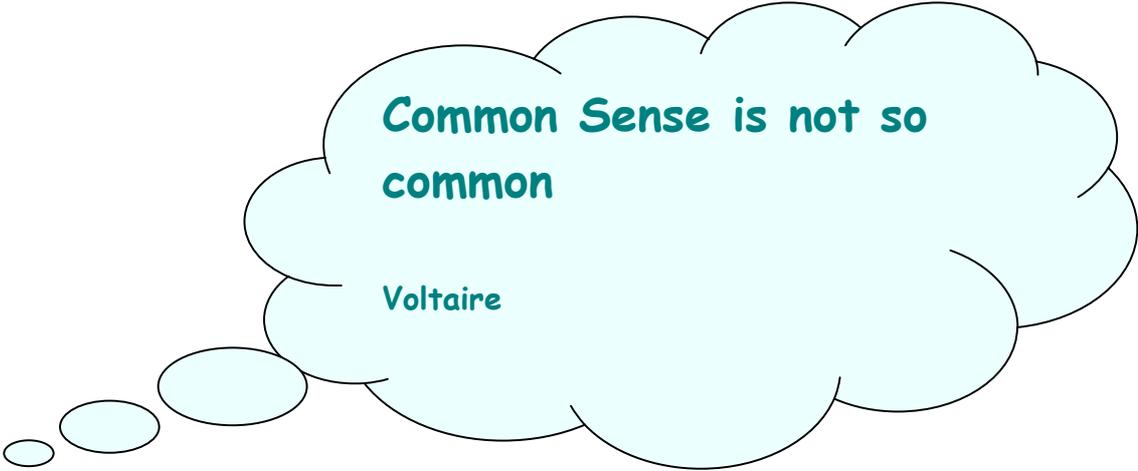
**Do be careful about the words you use with your child.**

**Draw attention to all the small successes and behaviours that you want your child to repeat.**

**Children can easily come to believe that they are 'not good at anything' if we don't point out the good things quite frequently**

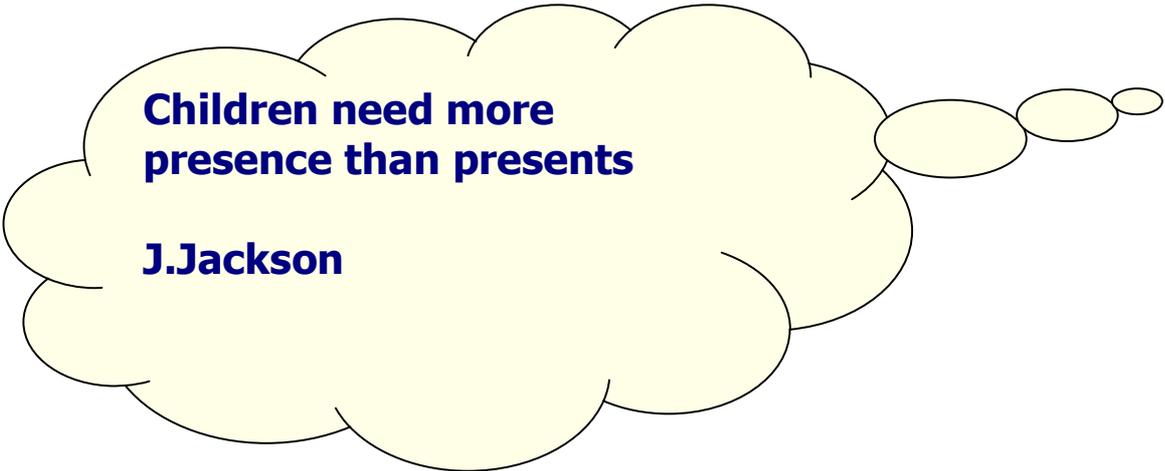
## 7 Ways to build self-esteem.

1. **Praise.** Find things to praise your child for as much as possible. Think about a 4:1 ratio - four positive comments for every negative one.
2. **Avoid negative labels.** Don't call your child 'stupid' or 'naughty'. It is better to focus on the behaviour - not the child - (*The way you are.... I need you to stop doing....* )
3. **Avoid comparisons.** Try not to compare your child to others - even brothers and sisters. We are all unique - so focus on the child achieving their personal best.
4. **Help understanding.** Teach your child that making mistakes is an essential part of the learning process.
5. **Break down tasks.** Help your child break down larger pieces of learning into smaller, more manageable chunks. This can make learning much less daunting.
6. **Celebrate success.** At every opportunity remind your child of all the things they can do and have already achieved.
7. **Think positively.** Help your child to keep a positive attitude to their learning. Teach your child how to turn 'I can't' thoughts into 'I CAN!'



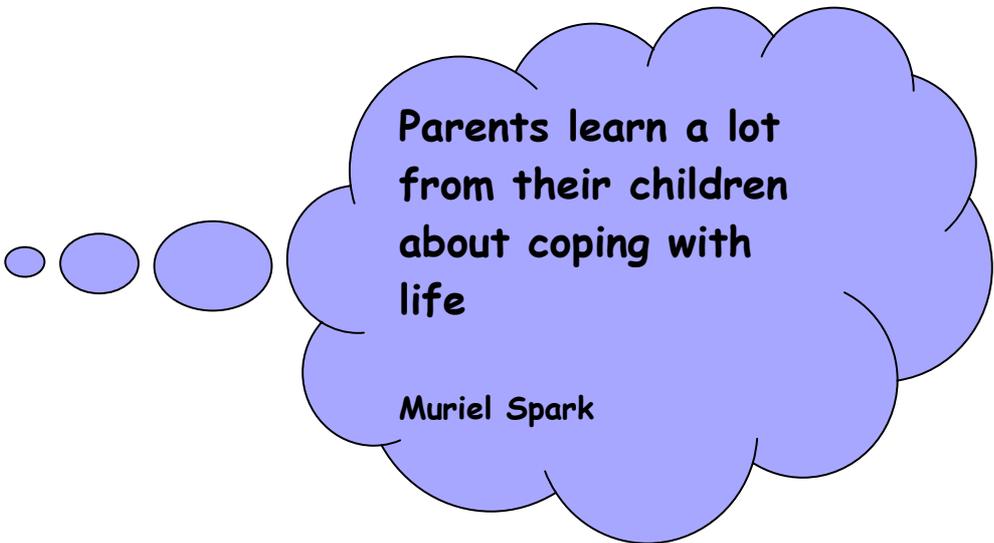
**Common Sense is not so common**

**Voltaire**



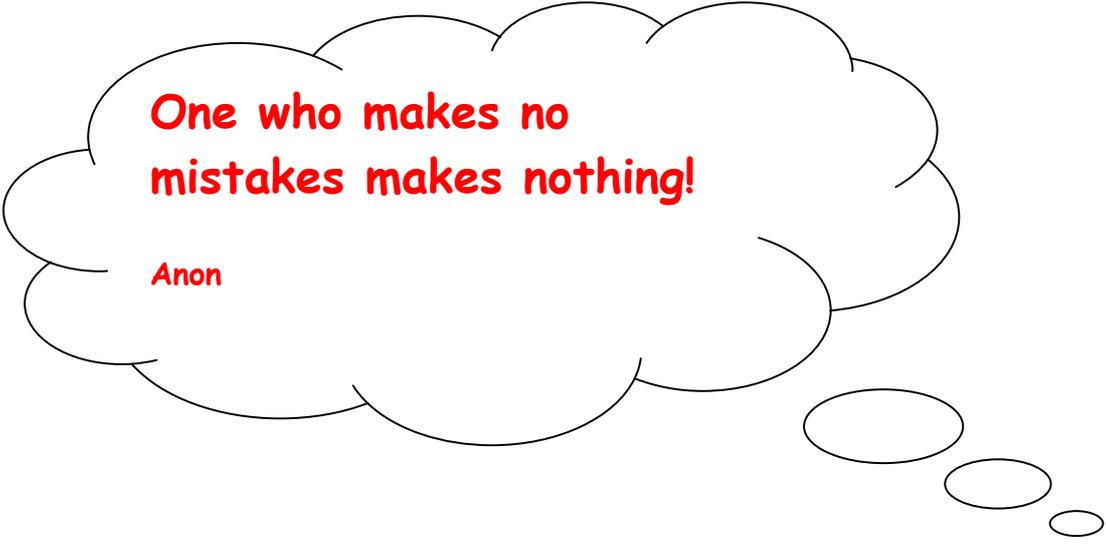
**Children need more presence than presents**

**J.Jackson**



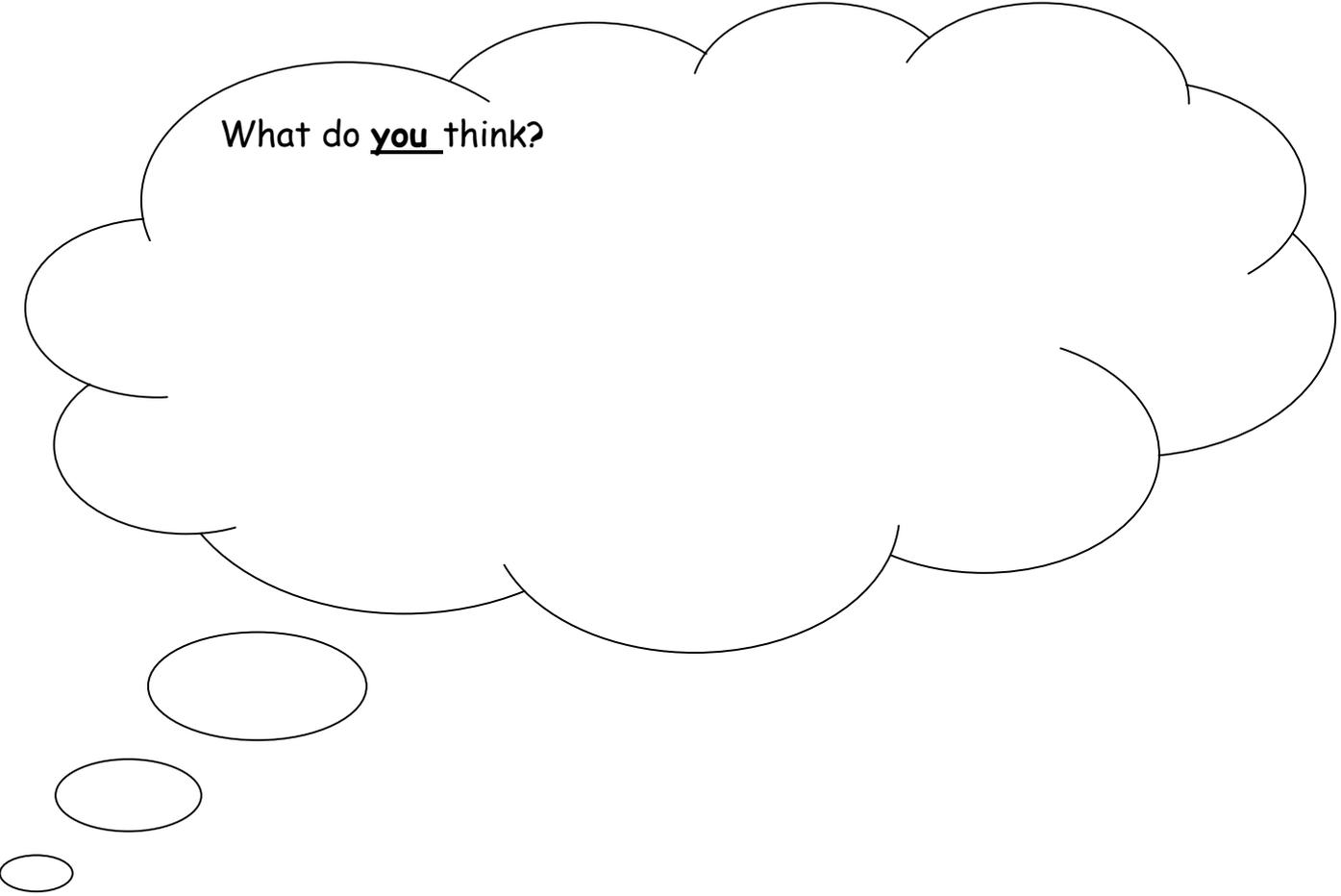
**Parents learn a lot from their children about coping with life**

**Muriel Spark**



**One who makes no  
mistakes makes nothing!**

**Anon**



What do you think?



**We can if we think we  
can!**



**Parents Make the Difference!**

For more information please contact: