



**GETTING  
MOTIVATED**

**CULTIVATING A  
POSITIVE  
MINDSET**

**SUPPORTING  
LEARNING AT  
HOME**

## **CATCHING UP AT SCHOOL**

Children are still in a phase of recovery from the learning loss of the last two years. Our work as parents is to support our children to gain ground, by supporting their mindset, outlook and attitude towards their education.

This will go a long way, to ensure successful educational outcomes. You can set the foundation and the stage, upon which children can, enjoy learning, gain motivation and build the necessary skills to equip them in achieving their potential.







## SUPPORTING LEARNING

### 1. Manage stress

Help your child manage their stress by encouraging self-awareness and practicing self-care into their daily routines.

### 2. Setting learning goals.

Your child may need to learn new skills. Work with your child to set some goals to support them in their education .

### 3. Encourage your child to do more each day

Providing your child with challenges in small steps, is a useful way to increase confidence, skills and self-assurance.

### 4. Get them to surround themselves with positive people.

Help them to understand that the surroundings that they keep, will have a massive impact on their attitude.

### 5. Learn from your mistakes.

Mistakes are normal and useful for growth and progress. Help your child learn the lessons for the future.

It is important that children are taught to believe in themselves and their capabilities., especially in current times.

For more information  
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## CULTIVATING A POSITIVE MINDSET

Your child's mindset is crucial to the success of their educational career. Due to recent events, young people in particular, maybe feeling worried, confused or uncertain about their future; causing some anxiety or depression. It is therefore important that you practice presence, responsiveness and guidance; to deal with loss of learning, poor academic achievement or anxiety and depression.

It is useful to cultivate a mindset that engages with education positively. School is an experience that will provide opportunities, create options and the knowledge and skills to support a successful educational path. A positive mindset, may include positive thinking, which will make it easier for your child to focus on tasks and grasps new knowledge. A positive mindset supports resilience and looks for the opportunities in setbacks, disappointments and failures.

