



Respect. Strength. Empower

5 QUICK WAYS TO SUPPORT YOUR CHILD'S SUCCESS AT HOME & SCHOOL

Practical tips for parents navigating parenting, learning challenges, and life transitions

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Introduction



Parenting is a journey filled with wins, challenges, and lessons every day. These 5 strategies are designed to help your child thrive academically and emotionally while giving you practical tools to manage your day-to-day parenting challenges.

“Family is where love begins and never ends.”

-Family Focused Consulting

Section 1

SET YOUR INTENTIONS

Reflection, Action Process

REFLECT

WHAT DO I NEED TO HELP MY CHILD
ACADEMICALLY?

-
-
-
-

REFLECT

WHAT DO I NEED TO HELP MY CHILD
SOCIOEMOTIONALLY?

-
-
-
-

ACTION AND
PROCESS

WHAT STEPS WILL I TAKE TO HELP
MY CHILD?

-
-
-
-

Section 2



Parenting is a journey filled with wins, challenges, and lessons every day. These 5 strategies are designed to help your child thrive academically and emotionally while giving you practical tools to manage your day-to-day parenting challenges

STRATEGY I

Strategy 1: Create a Consistent Daily Routine

- Children thrive with structure.
- Establish predictable routines for mornings, homework, meals, and bedtime.

Quick Tip: Use a visual schedule for younger children to help them know what to expect.

STRATEGY II

Strategy 2: Set Clear Actionable Goals

Help your child build confidence by breaking tasks into small, manageable steps.

Celebrate progress, not just the outcome.

Quick Tip: Try a “goal chart” where your child can check off completed steps.

Section 2



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STRATEGY III

Strategy 3: Foster Open Communication

- Encourage your child to share feelings, challenges, and successes.
- Listen without judgment and validate their emotions.

Quick Tip: Have a 5-minute daily “check-in” to talk about the day.

STRATEGY IV

Strategy 4: Provide Targeted Support

- Identify areas where your child needs extra help, whether academically or emotionally.
- Adjust strategies based on progress, and celebrate improvement.

Quick Tip: Keep a simple progress journal to track what works.

Section 2



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STRATEGY V

Strategy 5: Practice Self Care as a Parent

- Encourage your child to share feelings, challenges, and successes.
- Listen without judgment and validate their emotions.

Quick Tip: Have a 5-minute daily “check-in” to talk about the day.



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WHAT NOW? NEXT STEPS

[Click Here](#) to schedule a free 30min discovery call
Email us: info@familyfocusedconsulting.com

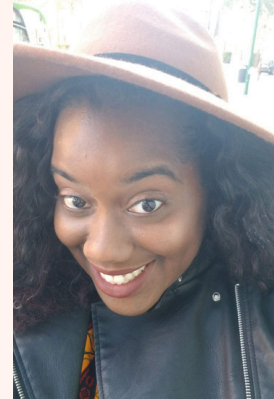
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About THE AUTHOR



Dr. Makeda J. Greene is a bilingual school psychologist, consultant, and founder of Black Mom Society and Family Focused Consulting, LLC. With over a decade of experience in education and school-based mental health, she specializes in supporting parents particularly Black mothers navigating advocacy, special education, stress management, and life transitions.

As both a professional and a mom, Dr. Greene understands the unique challenges of balancing personal well-being with parenting and advocacy. She is passionate about helping mothers feel empowered, supported, and confident in both their homes and communities.

A Note from Makeda:

Thank you for taking the time to explore this guide. By learning new strategies and advocating for your child, you are taking powerful steps toward building not only your child's success but also your own confidence as a parent. Remember every small step you take makes a big difference.

Warmly,

Makeda J. Greene, PhD

Founder, Family Focused Consulting, Inc.



DO YOU NEED
MORE HELP?

SCHEDULE A CALL

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