

Supporting your school-aged child



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Summary: Starting school and becoming more independent is an exciting time of life for your child. Every child has differences in temperament, emotional, social and intellectual development. Recognizing this and adapting to it goes a long way to reducing conflicts with your child.

Introduction

Starting school, becoming more independent - this is an exciting time of life!

Every child has differences in temperament, emotional, social and intellectual development. Recognizing this and adapting to it goes a long way to reducing conflicts with your child. Each family member still plays a huge role as you continue to help your child discover and build on their unique qualities and talents.

Here are some tips to help you strengthen your relationship with your school-aged child.

- Communicate your love to your child in words and actions everyday - hugs, kisses and pats on the back are great!
- Listen for the feelings behind your child's words and respond to those feelings in an accepting way. Help your child to put a name to feelings and learn to express them appropriately. Teach your child to say "I feel angry" rather than "You make me mad".
- Model and teach kindness, respect, consideration of others including honesty, responsibility, sharing, taking turns and forgiveness.
- Have clear, enjoyable routines. This helps your child understand family expectations and values.
- Encourage independence, allowing your child to do as much as possible for him/herself.

- Teach safety rules and keep a watchful eye, ready with help when needed.
- Praise your child's efforts to do well regardless of the results.
- Encourage creativity and a love for learning by reading with your child daily and exploring the world together. A visit to the museum is great fun!
- Every day give your child opportunities to make simple choices and decisions. Help him/her to learn to solve problems and settle conflicts peacefully.
- Use positive discipline. Mistakes are opportunities for learning. Instead of just saying "No", teach them how you want them to act and why. Be consistent in enforcing limits and rules.
- Remember to enjoy and laugh with your child! Look at life through your child's eyes and with a sense of humour!

About this Document

Written by the Best Start School Readiness Working Group, whose members include the Eastern Ontario Health Unit (EOHU), Cornwall Community Hospital (CCH), City of Cornwall, Ontario.

Disclaimer

Information in this fact sheet may or may not apply to your child. Your health care provider is the best source of information about your child's health.

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