

## Good Parenting Practices

The school approaches schooling as a partnership with parents. What is taught and learned at home will have an effect on children's behaviour, concentration and quality of work at school. Following are some basic parenting practices for you to be aware of that will support effective learning in the school.

- **Love:** The biggest need, next to basic physical needs, children have is for love. Just like adults, children have different preferences how they prefer love to be shown to them. In order to cover all bases, parents are advised to use all love languages in order to express their love to their child, including giving them undivided attention and time, having fun together, giving gifts and positive physical contact, using words to praise and compliment the child.
- **Discipline:** The Bible teaches that discipline belongs to true love and that parents are to be in control of their offspring. This means children are expected to show basic respect and obedience towards their superiors. Where this is lacking in the family, it is more likely to lack in other circumstances too e.g. in the school. Each child reacts differently to various kinds of discipline measures, so to cover all bases, parents are advised to use various methods of discipline, e.g. reward charts, rewards in goods/money, withholding and granting privileges, naughty step/isolation from company, verbal rebuke, reasoning etc. Raising voice should only be used in extreme circumstances e.g. when child is in danger.
- **Safety:** Children need to feel safe in their home, physically and mentally. Parents who argue constantly with each other provoke a feeling of anxiety, also people coming into the family home at any given hour will disturb the child's need for privacy. Constant unpredictable behaviour from adults can cause confusion and anxiety in children, whatever the causes are for such behaviour. Needless to mention, physical violence disturbs child's basic safety, in any form or degree, as does verbal bullying and manipulation.
- **Nutrition and Exercise:** Children need healthy nutrition for their growth and exercise according to their need to move (which varies from child to child). Children who are physically very active will need exercise additionally to school's PE lessons in order to be happy and healthy in mind and body. The school promotes healthy lifestyle and diet. If a child is either underweight or overweight or constantly ill looking, perhaps because of lack of nutrients and vitamins, the school will contact the parents (and not the child) in order to rectify any issues on nutrition.

- **Independence:** Children have a growing need for demonstrating independence which the parents should encourage. E.g. to dress oneself and to brush own teeth should be common place in P1-P2, to be able to get own breakfast, to tidy up own bedroom and perform simple tasks in the household, in years P3-P5. To do homework independently, to look after a pet, to be able to go to a local shop should be aimed at P6-P7.
- **Concentration:** Recent studies have shown evidence of change in children's brain development caused by excessive early exposure to modern media. This affects the children's ability to concentrate as well as their mental wellbeing later in life. The general recommendation is not to allow children to watch TV/play video games more than 2 hours a day. Also, TV and modern media portray a picture of reality that is skewed. Over exposure to this distorted world will influence the child's perception of reality and of themselves, often with serious consequences.