

## HOW DO I...

# Help my child do well in school?

### Advice for Parents and Caregivers

- **Make learning an exciting adventure.**

Right from the start, let your child discover the joy of learning through shared stories, fun problem-solving activities, and exploring their own interests. This builds a positive foundation for future learning.

- **Build a supportive community around your child's education by scheduling regular check-ins** with their teacher and getting to know their classmates' parents.

- **Create good habits for learning success.** Set up a quiet space at home for homework, away from distractions like the TV. Help your child develop a routine where homework comes before other activities. Encourage organization by helping them manage their backpack and school papers. Use a calendar to keep track of important school events and assignments.

- **Celebrate your child's unique journey.** Avoid comparing them to others. Focus on their individual strengths and areas for growth. Find what learning strategies work best for your child, offering encouragement and support along the way.



**Scan to watch our video on this topic.**

- **Don't hesitate to seek help.** If your child is struggling in school, reach out for additional support. Talk to their teacher, consider extra help options, and remember that every child learns at their own pace.

## 9 Tips for Helping Kids Succeed in School

1. **Make learning fun.** Instill a love of learning from an early age by reading to your children, exploring areas of interest, exposing them to a variety of opportunities and encouraging problem-solving skills.
2. **Establish good habits at home.** Consider creating a dedicated homework space, setting up a planner to manage assignments, helping kids organize their backpacks and school papers and offering homework support.
3. **Teach school skills.** Don't assume that your child knows how to be a good student. Instead, find ways to teach them about skills like organizing, prioritizing, planning, goal setting, note-taking and studying. This can be done via online tutorials, your own knowledge, or a combination of these things.
4. **Get involved.** Become involved in your child's school community and establish an open line of communication with their teacher. Don't be shy about seeking available additional support if necessary.
5. **Give them space.** Sometimes, experience can be the best teacher. Don't be afraid to let your child make mistakes and figure things out on their own once in a while.
6. **Be patient and understanding.** If your child is struggling in school, do your best to be supportive and encouraging while helping them to figure out what works for them.
7. **Don't compare your child to others.** Every individual succeeds at their own rate and has unique strengths and challenges, so it is likely to be counterproductive to compare your kid to others.
8. **Encourage but don't stress.** It's one thing to encourage your child to do their best but try to strike a balance; too much pressure often backfires.
9. **Focus on effort, not outcome.** Kids will grow to be more resilient and comfortable trying things and making mistakes if you praise your child's efforts instead of focusing on results. Let them know that you're proud of them even if the results aren't perfect, and when they do succeed, continue to focus on how their effort played a vital role in their success.

To learn more, check out these helpful resources:

[School Resource Center](#)  
The Child Mind Institute

[How to Help Your Kids Succeed in School](#)  
Very Well Family

[10 Ways to Help Your Teen Succeed in High School](#)  
Nemours Children's Health

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The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. We've become the leading independent nonprofit in children's mental health by providing gold-standard care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.