

Want to find out more?



TIP SHEET

FOR PARENTS OF

11+

YEAR OLDS

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services/events
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
- **www.bbc.co.uk/parenting**
(for information and activities linked to school topics)
- **www.parentscentre.gov.uk**
- **www.mewan.net**
(Manchester website for supporting learning)


Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- **CHILD'S TEACHER**
- **SCHOOL NURSE**
- **GP**

दिन पक्षे ली वषी पंगर्ष दिव सेंट क्ली विरुध नवरे 'चिलड्रनस चिलडव्हेमन ससिनि' हूँ 0800 083 7921 से सेंट वसे

للحصول على هذه المنشورة باللغة العربية الرجاء الاتصال بالهاتف بدائرة معلومات الأطفال على الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo af Soomaali ah faadlan telefoon u dir Adeega Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ اہمیت اردو میں چاہئے تو چلڈرن انفارمیشن سروس کو 0800 083 7921 پر فون کیجئے

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0600 083 7921 تماس بگیرید

如欲索取這傳單的中文版，請發電 0800 083 7921 聯絡兒童資訊服務
বিশ্বায় এই নিবন্ধনের একটি কপি কমা দর করে টেলিফোন করে বাচ্চাদের ডায়েরি সার্ভিসে
0800 083 7921 এই নম্বরে।

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Helping your teenager to learn & achieve

You are one of the most important **teachers** in your child's life.

You can make a difference to their learning – by giving them **time** and **attention** – and creating a good environment at home.

They value **praise** from you, even if they don't show it – and it helps boost their **confidence**.

Show you expect them to do well – and that you want to help.



A good relationship with your child's school is still important.

Keep in touch with what they're learning and with what goes on in school.



 In this leaflet, the term **'parent'** includes **carers**, such as **grandparents**, **foster carers** or **step-parents**



* This tip sheet is one of a range of resources produced as part of **Manchester's Parenting Strategy**.



HEALTHY HOME

Teenagers' brains and bodies go through huge changes and development – they need **rest** and good **food**.

Stick to rules about a sensible **bedtime** on school nights. Keep **healthy food** in the house.

TURN OFF THAT SCREEN!

More than 2 hours a day in front of TV, computer or playstation is not good for your child.

YOU'RE THE PARENT!

Don't give in to pressure. Explain rules to your child – tell them you are being firm because you care.



WORKING WITH SCHOOL

BE PREPARED

Help your child to have a **routine** that gets them to school in good time.

Make sure they get things together the **night before** school.

Put their timetable on the wall in their bedroom or the kitchen – so you all know what they need.

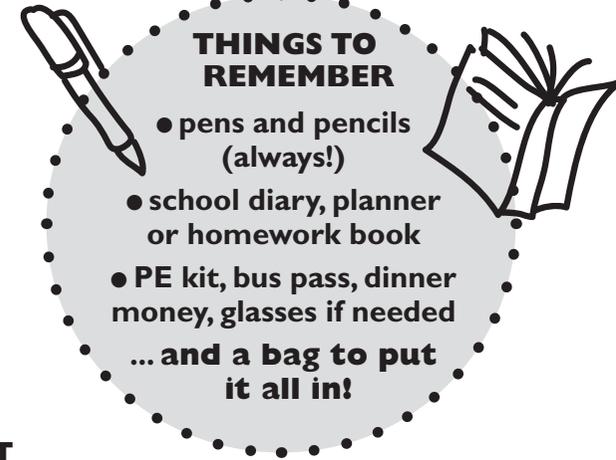
TAKE AN INTEREST

It's harder to keep in touch with secondary school and to understand everything your child is learning, but it is still very important.

Take any chance to go into school and get to know staff.

Go to parents' evenings – show teachers you have high expectations for your child.

Ask for information about what your child is learning and what happens during the year.



THINGS TO REMEMBER

- pens and pencils (always!)
- school diary, planner or homework book
- PE kit, bus pass, dinner money, glasses if needed
- ... and a bag to put it all in!

CONFIDENCE & FEAR

Your child needs to have confidence that they can do things.

Boredom and bad temper often hide fear of failure or unfamiliar things.

Do whatever you can to boost their confidence and self esteem.

SCHOOLWORK

Make time to talk about what they like and don't like.

Listen to them and respect their interests.

Show you are proud of them. Praise them when they try hard.

OVERCOMING PROBLEMS

Let them know it's alright to find things difficult – it's part of learning.

It's hard for children to ask for help at this age. Encourage them to tell you about problems.

OUTSIDE SCHOOL

Expect your child to help with jobs at home – it helps them develop skills.

Encourage them to try new things.

Find out about local activities from your local library, www.familyfriendly.org.uk or contacts on the back page.

HOMework MATTERS!

- **Don't** do it for them – but **do help!**
- They need a **space** to work in.
- Take an **interest** – ask them to explain it to you – help them think.
- **Praise** them when they work well – notice if they are struggling.
- Check their **homework diary**.
- Look on www.parentscentre.gov.uk for ways to help your child or find out if there is a local homework club.

KEEPING IN TOUCH

Expect school to take your child's needs seriously.

Ask for help if your child has learning or behaviour problems.

Get in touch with school if you are worried about anything – **don't wait for them to contact you.**

Show your child you are working with the teachers.