

Pointers For Parents

Helping Children Stay Focused On Learning

(NAPSA)—Children can easily become distracted from learning at school and studying at home as world conflicts and domestic concerns occupy the airwaves and daily conversations. Focusing on the common routines of education, such as maintaining regular study habits, helps to support a consistent learning environment and reinforces a sense of security in a child's life.

“Children's feelings of anxiety can become visible in behavioral changes and school performance,” says Richard E. Bavaria, Ph.D., vice president of education for Sylvan Learning Center. “Parents and educators play a key role in helping to alleviate this anxiety by maintaining an open dialogue and keeping their children focused on everyday learning activities.”

To help parents keep their children focused on learning, the experts at Sylvan Learning Center offer these suggestions:

- **Routines.** Children feel more secure when things are familiar and consistent. Make a point to establish and carry out everyday routines. For instance, engage your entire family with “Drop Everything And Read” time each day. Consider reading books and newspapers that have positive themes or provide insight into relevant topics, such as topics that explore various cultures or religions.

- **Know your child.** No one knows your child better than you and this is key to lending him support during times of stress. Watch for and be responsive to changes in his learning habits, such as acting out in class or difficulty completing homework assignments.

- **Communicate with your child.** Let your child know that it's all right to talk to you. Regular and open communication provides



During uncertain times, a consistent learning environment reinforces a child's sense of security.

a good opportunity to discuss world events while teaching children about tolerance or cultural differences.

- **Creative Outlets.** Children may have difficulty finding the words to express their feelings about things they don't truly understand. Creative outlets such as drawing, music or books can be educational while helping children express their feelings and concerns.

- **Communicate with your child's teacher and/or guidance counselor.** Your child's teacher and/or guidance counselor is the best source for information about your child's scholastic performance. It is especially important to keep in close communication during times of increased stress, particularly if you notice a sudden change in your child's learning habits at home or a drop in her grades.

For related tips on instilling the joy of reading or playing the game of math, visit www.educate.com/info or call 1-800-31-SUCCESS.