

INFORMATION AND ACTIVITY SHEET

The role parents play in their children's schooling

Concrete action to support the development of civility

The role you play as a parent in your children's schooling is essential in helping them to succeed and to learn to behave in a civil manner.

As a parent, what can I do to help my children? How can I pass on the values of respect and academic commitment to my children?

I can do this by making sure to:

- Support my children by showing **that I care about them**, spending quality time with them, encouraging them and showing that I love and appreciate them and that I am interested in their schooling:
 - Make a habit of **discussing how their day went** at school.
 - **Ask them questions**: “What was the best part of your day? Did you learn anything interesting? Who did you play or spend time with?”
 - **Help them reflect on** their relationships, respectful or otherwise, with their schoolmates: “If you had problems, how did you deal with them? Would you like to sit down together and find ways of clearing up any misunderstandings?”
- Help them become independent **by respectfully acknowledging their feelings**, providing meaningful explanations as to what is expected of them by giving them opportunities to make important

choices, avoiding control and decreasing the use of rewards, punishments, threats or other forms of pressure:

- Encourage them to **reflect on their successes and difficulties**: “What are you most proud of? What helped you? What could you have done better?”
- Help them **set goals**: explore different activities so they can discover what they are interested in, identify the steps involved in developing certain talents, etc.
- Support them in **identifying ways** that will help them calm down when they are experiencing strong emotions so that they can express themselves respectfully.
- **Create a suitable and respectful environment** at home:
 - Set up a quiet **workspace** for each of my children, away from distractions, where they will have the materials they need. This will help them understand the importance of respecting each person's space.
 - To help my children manage their time effectively, establish a **daily routine** with a fairly consistent balance between the time spent on schoolwork and relaxation time.

- Adopt environmentally responsible practices at home (recycling, saving water and energy) to set an example for my children and show them the importance of **respecting the environment** and preserving the planet.
- Be a **role model for my children** by taking a positive attitude toward school and during my interactions with others:
 - **Play to learn** how to solve problems (example: role-playing games).
 - **Learn along with them** when I don't have the answers to their questions (look for information on the Web, watch educational videos, watch documentaries designed for young people on topics pertaining to interpersonal relations or conflict resolution).
 - Call into question **my own actions** (example: "How do I go about solving problems or resolving conflicts? Do I always behave respectfully and in a civil manner? Do I talk positively about school? Do I set a good example in the way I use my cellphone and social media?")
- Avoid remaining isolated by **seeking help** when necessary, for example, if I don't feel equipped enough or feel too stressed to deal with my children's difficulties:
 - **Communicate with the school** to ask for advice or to obtain the contact information of organizations that can help me.
 - **Consult different online resources** to develop my skills [Alloprof, Aidersonenfant.com (in French only), Youth in Mind Foundation (fondationjeunesentete.org/en), etc.].

Remember that you are not alone!

Activities that are useful for teaching civil and respectful behaviour

1 Board games or construction sets

Playing board games or with construction sets (like LEGO) can help develop social skills such as co-operation and patience. They are also a great way of learning how to win and lose respectfully, while sharing moments of laughter and togetherness.

2 Sharing household chores and cooking as a family

Sharing household chores and cooking as a family are an excellent way to teach practical skills, while spending some pleasant time together. It also reinforces the ideas of teamwork, sharing and fairness as well as the values of living together.

3 Participating in sports and cultural activities

Attending a sporting event or a cultural activity with your children provides an ideal opportunity to observe their reactions and behaviour. This type of activity gives adults the chance to set an example of how to respectfully cheer on your favourite teams or artists. These examples will positively influence the behaviour of the young people who observe them.



References

Nadeau, S. *What does it mean to be involved in your child's education?* Alloprof Parents. alloprof.qc.ca/en/parents/blogs/healthy-life-habits-and-educational-activities/what-does-mean-be-involved-your-childs-education-k1555

Ratelle, C. *Le rôle des parents dans la motivation et la réussite scolaires de leur enfant*, presentation, 4^e Rendez-vous des bibliothèques publiques du Québec, Montréal, QC, Canada, May 25, 2018. rendezvousbiblio.ca/2018/pdf/conf_Catherine_Ratelle.pdf

Ratelle, C. *Identification des besoins des parents dans l'accompagnement de leur enfant durant leur parcours scolaire* (research project no 2019-0PZR-264477). Fonds de recherche Société et culture, 2019. frq.gouv.qc.ca/app/uploads/2022/03/02_resume_2019_pz_264477_ratelle.pdf

