



Éducation Familiale Familienbegleitung

## School | Home

| At school, your child will learn to...                             | At home, you can help your child by...   |
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| <b>Focus and work well.</b>  | <ul style="list-style-type: none"> <li>Teaching them to do one thing at a time: "I don't play when I'm eating." "I don't eat when I'm playing." "I don't play when I'm getting ready to go out," etc.</li> <li>Ensuring they have regular opportunities for quiet activities without screens.</li> </ul>                   |
| <b>Keep to a routine and manage their time.</b>                    | <ul style="list-style-type: none"> <li>Establishing consistent bedtimes and set mealtimes each day.</li> <li>Creating routines that structure their day (e.g. a story before bedtime, a song before mealtimes, family playtime after work).</li> </ul>   |
| <b>Concentrate for extended periods of time.</b>                   | <ul style="list-style-type: none"> <li>Encouraging them to play concentration games either on their own or with other people: doing puzzles, threading beads, following a story, etc.</li> </ul>   |
| <b>Develop strategies during maths games and other activities.</b> | <ul style="list-style-type: none"> <li>Involving them in cooking and following recipes (weighing ingredients, etc.).</li> <li>Providing opportunities to play in the sandpit, play with Lego/building blocks, play board games, etc.</li> <li>Giving them time to do nothing (which develops their creativity).</li> </ul> |
| <b>See tasks through to completion.</b>                            | <ul style="list-style-type: none"> <li>Encouraging them to finish what they start (e.g. tidying up before starting another activity).</li> <li>Encouraging them to make an effort.</li> </ul>  |
| <b>Work independently.</b>   | <ul style="list-style-type: none"> <li>Giving them responsibility for completing small household chores on their own</li> <li>Letting them play on their own for a while.</li> <li>Ensuring they sleep alone in their own bed.</li> </ul>  |
| <b>Use the toilet, blow their nose and dress themselves.</b>       | <ul style="list-style-type: none"> <li>Encouraging them to do more and more for themselves. Adults and older children should do less for them.</li> <li>Giving them time to try things on their own and practice regularly.</li> </ul>   |
| <b>Keep their work and belongings neat and tidy.</b>               | <ul style="list-style-type: none"> <li>Giving them responsibility for keeping a small space of their own tidy and well looked after.</li> </ul>  |
| <b>Respect school equipment.</b>                                   | <ul style="list-style-type: none"> <li>Ensuring they look after their toys.</li> <li>Teaching them to borrow games/books and return them in the same condition.</li> <li>Setting a good example by taking care of things yourself.</li> </ul>  |

**Ask for help  
when they don't understand.**

- Encouraging them to ask questions.
- Listening to them and answering their questions.
- Letting them see you ask questions and seek help from others.

**Work collaboratively  
with other pupils.**

- Letting them play with other children without adult supervision.
- Teaching them to ask other children things (e.g. to play together or share).
- Teaching them to say "please".

**Accept losing at a game,  
making mistakes and not always  
succeeding on the first try.**

- Encouraging and praising them for learning and making progress, even when they make mistakes (not just praising them for results).
- Showing them that adults don't always succeed straight away.
- Playing games where sometimes they win and sometimes they lose.

**Be patient  
and wait  
their turn.**

- Teaching them to wait and not receive everything immediately.
- Using a weekly calendar with pictures of what they are doing.
- Playing turn-taking games with them.

**Respect all other pupils and adults  
when they're speaking,  
when they make mistakes,  
when they're different from me  
when they have a different opinion than mine**

- Encouraging them to talk about their day and listen to others.
- Talking about diversity and the value of each family member.
- Ensuring they spend time with people in different families/places.
- Involving them in neighbourhood or local community activities.

**Try hard  
even when there are no  
rewards.**

- Encouraging them to help out without always getting something in return.
- Praising them for their achievements and thanking them for their efforts.

**Accept "no" or consequences  
when they haven't followed a rule.**

- Setting clear rules and consequences that relate to the situation (e.g. fixing what's broken).
- Helping them express their feelings while being respectful to others.

**Coordinate their physical movements.**

- Encouraging them to walk (instead of using the pushchair or travelling by car) and climb stairs.
- Dancing to music with them.
- Ensuring they play outdoors (climbing, running, jumping).
- Providing opportunities to use crayons, scissors, sticky tape, etc.

