

## Supporting Your Student at Home

As a parent, you play a vital role in your child's educational journey. Whether they're preparing for exams, managing learning difficulties like dyslexia, or dealing with anxiety, your support can make a world of difference. Here are some practical tips for supporting your student at home.

### Supporting Your Student with Studying

Helping your child develop good study habits is crucial for their success. A structured study routine, combined with your encouragement, can help them stay focused and motivated.

Start by working with your child to create a balanced study plan that includes time for relaxation and social activities. Encourage healthy habits such as eating regular meals, staying hydrated, and getting enough sleep, as these are just as important as the study itself.

#### Key Points:

- **Establish a Study Routine:** Help your child create a realistic study timetable with built-in breaks for relaxation.
- **Encourage Physical Activity:** Physical exercise helps reduce stress and improves focus. Encourage movement during breaks.
- **Set Goals:** Work together to set short-term and long-term goals that are realistic and achievable.
- **Stay Positive:** Remind your child to celebrate small successes, whether it's completing a chapter or finishing a difficult assignment.

Make sure to check in with your child regularly and praise their efforts. This will help them stay motivated and reduce anxiety about their studies.

**Sources:** *National Educational Psychological Service (NEPS), A Guide for Parents and Guardians on Supporting Leaving Certificate Students.*

## Supporting Your Student with Dyslexia

Dyslexia can present unique challenges, but with the right support, children can thrive both in and out of the classroom. The key is to create a positive, understanding environment where your child feels encouraged and supported.

Talk openly about dyslexia with your child to help them understand their learning difference and how you can work together to overcome the challenges. Reading with your child is one of the most effective ways to support their literacy development. Paired reading not only improves reading skills but also builds confidence.

#### Key Points:

- **Read Together:** Spend time reading with your child and engage in paired reading activities.
- **Use Technology:** Encourage the use of computers and typing as a tool for schoolwork, which can be helpful for children with dyslexia.

- **Limit Homework Time:** Keep homework sessions short and productive. Communicate with teachers if the workload is too overwhelming.
- **Be Supportive, Not Instructive:** Be there to help, but avoid taking over homework tasks. Let your child guide the assistance they need.

Remember, dyslexia affect more than just schoolwork. Regular conversations and activities like playing games or taking trips together will help boost their self-esteem and ensure they continue to learn in informal ways.

Sources: How Parents can help: [Dyslexia Ireland](#)

## Supporting Your Student with Anxiety

Anxiety is common in young people, especially when it comes to schoolwork and exams. As a parent, it's important to listen to your child's concerns and offer support without dismissing their feelings.

Let your child express what's troubling them and work together on solutions. Breaking problems into smaller, manageable tasks can make challenges feel less overwhelming. Encourage them to take breaks and engage in activities they enjoy to ease anxiety.

### Key Points:

- **Talk About Their Feelings:** Openly discuss their fears and anxieties, validating their emotions.
- **Break Down Problems:** Help your child break big tasks into smaller, manageable steps to reduce feelings of being overwhelmed.
- **Model Calm Behaviour:** Children often pick up on their parents' stress levels, so managing your own anxiety can help them manage theirs.
- **Create a Routine:** Routine is crucial. Include relaxation and social time in their schedule to promote well-being.

Anxiety is natural, but if it starts interfering with daily activities, consider seeking additional support from a GP or mental health professional.

By focusing on your child's unique needs, whether it's study support, managing dyslexia, or coping with anxiety, you can help them navigate school life with more confidence and success. Stay connected, stay positive, and remember that your encouragement makes a big difference.

Sources: Anxiety in young people: [HSE](#)