**10.2 Counseling of Parents**

Parental counseling is a service that aims at providing the required tools, guidance, knowledge and support to parents in a healthy manner without them having to worry about being judged, in an unbiased atmosphere. This way they become more fully equipped to take care of their children.

* Parents are the first teachers of their kids and have to play a key role in shaping up their character.
* A balance of education at home and school moulds a student’s actual learning.
* Parental encouragement and support for learning activities at home combined with parental involvement in schooling is critical to children’s education.
* Their role is not limited to home but involvement in school activities too.
* A child’s learning scale is highly related to the treatment he receives at home.
* Proper parenting is a daunting task.
* Many parents usually fail to follow the dotted lines imperative for upbringing of their kids and the engagements required for their kids thorough education.
* Parents counseling is an evidence-based approach for helping parents to cope with a range of difficulties affecting their children.
* Counseling of one or both the parents is required.
* It concentrates for helping the parent/s to learn ways to encourage positive behavior, manage undesirable behavior and understand the emotional, academic and intellectual needs of their children.
* Parents universally, have a deep rooted desire to nurture their children with excellent character traits that a youth deserves for being a good member of the community, society and simultaneously a good citizen that a nation demands.
* Parents involvement has a positive impact on many indicators of student achievement, including;
* Higher grades and test scores.
* Enrolment in higher level programs and advanced classes.
* Lower drop-out rates.
* Higher graduation rates.
* It has been observed that most of the parents need a guide line or counseling for a better and fruitful education of their kids.
* Although parents’ counseling is recommended to all parents who use to face some issues pertaining to their children.
* School authorities and the teachers concerned may guide parents for issues regarding the difficulties in academics that are being encountered by their kids.

**Need for the counseling of parents**

* As explained above, parental counseling is a type of service that aims to provide the necessary knowledge, tools, guidance and the especially support to the parents without bias or judgment. This way they become more fully equipped to take care of their children.
* Parental counseling offers modalities or therapies that help parents gain a better understanding of their parental style, face and eventually conquer their personal issues, and restore their family, bringing back harmony and peace in the household, with the ultimate motive being the improvement in socio-economical functioning of the child.
* It is a multifold approach and multi-step process that requires frequent meetings with the parents.

**Teacher-parent relationship**

* Trust and mutual understanding between parent and teacher is a real secret of child’s happy learning.
* Support and cooperativeness from parents towards teacher helps a lot to connect, understand and work towards child.
* Parents should have a regular contact with the teachers of their kids on regular basis in order to know the performance of their kids.
* Meeting teachers and discussing with them about their children create a sense of responsibility in children regarding their studies and exam.
* Remarkable positive change is seen in a child if the parents and teacher understand and work hand in hand.
* A good parent teacher relationship leads child to be positive attitude towards attending school.

Following are some of the ways that parents are required to adopt at home for a better academic results of their kids.

**Be a role model**

* Kids usually imitate what they usually use to see at home. So, it is important to act as a role model in their learning phase.
* Parents are the first teacher of their kids and learn first thing together at home.
* Inspire them from the very beginning for the exciting experience he may have at the school life.
* Inspire them to learn novel elements in and out of school with friendly reminders and glance.

**Read together**

* Doing things together with parents give them a sense of support and confidence.
* Reading the lessons together is one of the best ways to be close with the child’s learning at school.
* It improves their vocabulary and invokes interest to learn more.
* Frequent visit to the library will help them to acquire additional knowledge.

**Oversee child’s activity**

* It is important to have an eye at the child’s activity in school and at home.
* Habits adopted at young age are linked to their performance and learn in classroom and school.
* Any abnormal behavior requires correction at the earliest.
* Help them to be more organized with their daily routine and find enough time for the lesson.

**No over scheduling**

* It is not a good idea to over schedule them with learning activities at home.
* Spending half of the day at school is a cumbersome and tiring activity. Don’t try to over burden them for more than required studies at home.
* Help them to be more organized with their daily routine and find enough time for the lesson without extra burden.
* Balancing the time between lessons, play time and rest is important to have a quality student life.

**Provide pleasant atmosphere**

* Parents should make sure that the kids are provided with a peaceful and pleasant atmosphere at home.
* It is good to avoid discussing family matters and problems in kid’s presence and don’t create a mess at home with unnecessary quarrels.

**Give constructive criticism**

* If you notice that your kid is not performing well or giving less importance to studies, make an effort to correct them in the beginning itself.
* Avoid using the ill words, giving only the constructive criticism.
* Make them understand the difference between the right and the wrong.

**Help with home assignment**

* Giving good support to kids in their studies would really lift their spirit for learning more.
* Show it with small gestures such as helping them with home assignments or projects.
* It is strictly not advisable to do every lesson for them and let them to play.
* Do it together and help them with some tips and guidance in doing the assignments better.

**Prepare them for tests**

* When it is their exam time, don’t leave them alone with their lessons.
* Help them to prepare for the tests with good guidance and support.
* You may even conduct mini tests at home before the actual tests to less and reduce their exam worries and tensions.
* You may also give additional help with the lesson areas in which they are weak.

**Reward them for results**

* Giving good motivation is important for a kid to perform better in studies.
* So, don’t hesitate to reward them, if they come up with some good results in the tests.
* This also gives them spirit to perform better every time.
* However, keep a limit and it is not good to over shower them with gifts with an average performance which fades away with their killer instinct.

**Go for educational trips**

* It is good idea to go for educational trips during the holidays.
* Include destinations that have some relevance with what they are studying to help them to have a better understanding of the lessons.
* Occasional trips to museums and zoological parks will also help them to interact with nature and learn new things.

**Maintain parent teacher relationship**

* Don’t skip the parent teacher meetings and interaction sessions.
* It is good to keep a good relation with your kid’s teachers.
* Learn from them about the child’s activities in school and make sure to correct the child if something is wrong.
* Maintaining parent teacher relationships also shows your interest in your kid’s matters which gives them a good feeling.

**Set aside time for kids**

* It is a fact that working parents would be busy with their tight schedules.
* However set aside some time for your kinds and don’t leave them alone at home.
* Make a comfortable space for them at home by maintaining a good parent child relationship.
* Eat together and play with them in the free time and go for occasional trips to free up their minds.

**Monitor their learning**

* Some kids will take up initiatives themselves to spend time for learning at home.
* However, it is not the case for all, and parents should make deliberate interventions for many of the kids.
* Don’t force them to do anything, but do a proper monitoring about their learning at home and give friendly advices. Have a check on their leisure time if they are lacking in performance.

**Prioritize child’s learning**

* Life of a child studying at school is an important phase and parents should give enough importance to it when deciding on other matters.
* Make it a priority and avoid unnecessary trips or functions that can affect their study schedule.
* Discourage them to take unnecessary leave from school for silly matters and make them understand the importance of daily class attendance.

**Share your personal experience**

* It is good to share some of your school life experience with your kid in your free time.
* This can include positive and negative experiences to help them understand the importance of learning.
* Also inspire them with your success stories to teach them about the importance of hard work and how it pays you back.

**Devise fun ways to learn**

* Make learning a fun activity with devising some interesting ways.
* Gamification (gameful thinking) is also a good idea to adopt for home learning too.
* Utilize the travelling time and playing time to help them memorize and revise the difficult subject areas with some tricks.
* Perform fun quizzes and friendly debates at home that cover their lessons or include flash card activities to revise their subjects with fun.

**Talk with your kid**

* Spend enough time everyday to talk to your kid even if you have tight schedules.
* Learn from them about their concerns or doubts about any happenings in and out of the school.
* Make sure that they are not worried about any thoughts or scare things and give them moral support for the problems they are facing.

**Encourage active learning**

* Active learning has a lot of benefits over the sedentary learning.
* It is the role of parents to encourage them for active learning at home which reflects on the way they perform in classrooms.
* You may also take initiative to help them form a good friends circle with the neighbor kids and organize interesting activities.

**Help them relax**

* In addition to the busy study schedule and play time, make sure that they are getting proper rest at the end of the day.
* Help them to relax with a good night’s sleep and proper food.
* Take effort to know your child’s area, areas of interests and include them in the holiday time to give them a good relief from the stress of studies.

**Be a good friend**

* It is important to be a good friend of your kid.
* Give them space to share anything that comes to their mind and express their true feelings.
* Give them assurance that they will get a helping hand in spite what comes in their way.
* This would boost their confidence level and help them to excel and perform better in learning and other activities.
* Besides school learning, parent’s active role during their study life can help them to grow up with better social skills and improved behavior.
* Students with good support from home have achieved better grades at school and grew up with a higher self-esteem.

**Life skills**

1. Teach kids to never stop reading and learning.
2. Teach kids to play well with others
3. Teach kids to improve their soft skills.
4. Teach kids to resolve disagreement amicably.
5. Teach kids to let their voice be heard.
6. Teach kids to apologize when they are wrong and forgive when they are made wronged.
7. Teach kids to show unexpected kindness and help the less fortunate when they can.
8. Teach kids to remain positive and focus more on the bigger side of life.
9. Teach kids to protect the environment and care for animals.
10. Teach kids to brush, dental floss and keep neat.
11. Teach kids to love unconditionally.
12. Teach kids to value for their selves
13. Teach kids to value for others.
14. Teach kids to become self sufficient.
15. Teach kids about the curiosity and critical thinking.
16. Teach kids about self expression and emotional development.
17. Teach kids about self discipline.
18. Teach kids about the moral values.
19. Teach the kids to be positive and hopeful about their future life and work hard to achieve success.
20. Kids need a better psychology development.