

## How to Help Your Child Learn Effectively? (for parents of younger school children)

*Your support means more than any textbook.*

### ♥ 10 simple rules that make a big difference:

**regular daily routine** predictability gives your child a sense of safety

**short but often** children learn the best in short sessions of 10–15 minutes

**calm space** for learning quiet, tidy place helps in focus

**don't do things instead of your child show how to do it, but let him try;** it builds self-confidence and skills appreciate the effort,

**not just the result** your child should feel that trying matters as much as succeeding

**talk about experiences, not grades.** ask: What have you learned today? instead of: What did you get?

**exercise physical** activity boosts oxygen flow to the brain and improves concentration

**help with planning, but don't take the control** planning together teaches responsibility and self-confidence

**remember that making mistakes is part of learning** everyone makes mistakes — that's how we grow

**stay close and be interested** your attention, smile, and patience are the best support your child can get

🌱 Learning happens in a calm, loving home, in an atmosphere of curiosity, and trust — not pressure.

Holt, J. C. (2017). How Children Learn (50th Anniversary Edition). Boston: Da Capo Press.



Dofinansowane przez  
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