

# Supporting Your Child's Learning



This resource provides information for families to support their child's learning and development. It is not intended to be an exhaustive list. Always check with your child's teacher and school for any specific questions about your child's progress at school.

There are many ways in which you can support the academic and social development of your child.

## General Support

- Stay in touch with your child's teacher about
  - Back-to-School Night information;
  - progress report and report card descriptions;
  - parent–teacher conference dates and purpose (refer to current parent–teacher conference guide); and
  - electronic communications (email, school websites, parent portals).
- Provide your child's school with your current contact information (phone number, mailing address, and email address).
- Review your child's homework together, even if it is not in your primary language.
- Ask where you can find your child's most recent assessment results.
  - Ask your child's teacher what these assessment results mean and how your child can improve their scores.
- Have an area at home where your child can do homework and study.

## Academic Support

- Establish a consistent routine with a healthy sleep schedule.
- Encourage effective study habits.
- Stay informed; monitor grades, assignments, and progress through online portals.
- Connect classroom learning to real-world applications.
- Consider seeking additional academic support if needed.

Support your child's **speaking and listening** skills.

- Listen to recorded books together.
- Tell stories together.
- Look at and talk about homework together.
- Talk about lessons or instructions in their primary language.
- Discuss your child's culture to help them make connections.
- Encourage re-reading of tasks and instructions for everyday items like labels or signs.

*Support your child's **reading** skills.*

- Encourage your child to write hints or reminders as notes when reading text, and highlight text when appropriate.
- Help your child find connections between reading material and real-life experiences.
- Read and write household lists and notes with your child.
- Read a variety of materials together such as graphic novels, websites, labels, instructions, and closed captioning.
- Multilingual families can read to their child in their primary language as well as in English.
- Encourage independent reading.

*Support your child's **math** skills.*

- Use household items to help with counting and math practice, such as measurements for cooking, sorting toys, or calculating percentages.

*Support your child's **science** skills.*

- Experiment and explore by using items you have at home and in the world around you.
- Encourage asking and answering questions.
- Help your child record things they observe (such as the process of leaves changing colors, plants growing, or weather patterns) by writing, drawing, or taking photographs to tell what happens.

*Support your child's **life and social** skills.*

- Foster open and honest communication with your child.
- Help your child identify and express their emotions.
- Encourage positive friendships and social interactions.
- Encourage participation in clubs, sports, or other extracurricular activities.
- Support the development of decision-making and problem-solving skills by allowing your child to take on responsibilities and make choices.
- Acknowledge and celebrate academic and personal accomplishments by recognizing effort, improvement, and resilience.
- Address any signs of academic struggles or social difficulties promptly. Collaborate with teachers and counselors to find solutions.
- Help your child set short- and long-term academic and personal goals. Discuss strategies for achieving those goals.

## Additional Resources for Families

### ***Child Development Milestones***

The Centers for Disease Control and Prevention (CDC) provides information about child development milestones. Visit the CDC Development Milestones web page at <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

### ***Early Start***

Early Start is California's early program for infants and toddlers with developmental delays or at risk for having a developmental disability and their families. Visit the California Department of Developmental Services Early Start web page at <https://www.dds.ca.gov/services/early-start/>.

### ***Resources for Parents and Families***

The California Department of Education (CDE) provides information for parents and family members about early childhood education. Visit the CDE Resources for Parents and Families web page at <https://www.cde.ca.gov/sp/cd/re/parentresources.asp>.

### ***Parent Strategies for Improving Math Skills***

NWEA provides strategies that parents can use to help their child with math. Visit the NWEA Parent Strategies for Improving Their Child's Math web page at <https://www.nwea.org/blog/2018/parent-strategies-for-improving-their-childs-math/>.

### ***Science Lesson Plan Resources***

Public Broadcasting Service (PBS) LearningMedia provides a variety of science lesson plan resources and interactive tools to promote the exploration of natural phenomena and scientific practices. Visit the PBS LearningMedia Science web page at <https://ca.pbslearningmedia.org/subjects/science/>.