

## Supporting your Child

*There is much research to suggest that the better developed a student's first language is, the more successful he/she will be at learning in a second language.*



## Signs of Stress in your Child

Learning a new language in a new school system can be stressful for students. You may notice some or all of the following behaviours in your child:

- enthusiasm and excitement in the early months that turns into frustration and anger.
- changes in behaviour both at home and at school.
- often feeling unwell or not wanting to go to school.
- refusing to speak or speaking very little in English.
- rejecting his or her own language and culture.
- time with friends becomes more important than time with family.

These behaviours and attitudes are fairly common. If you are concerned about your child, speak with the classroom and ESL/ELL teacher at your school. You can also seek help from a Multicultural Worker who speaks your home language.



## “Ways you can Support your Child's Learning at Home”

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## Ways you can Support your Child's Learning at Home



## Ways to Support your Child



*Learning a new language is a long and complex process. Adjusting to school in a different school system and country is never easy. Many students will find school life challenging, even difficult. Your child needs your understanding and support.*

### How you can support your child's learning at home:

1. Create a quiet place and a regular time for homework and study. If your home is busy and noisy, public libraries have places for students to study and read.
2. Talk to your child about what happened in school that day and ask him/her to show you all school work (e.g. art work, journals, tests).
3. Take younger children for a walk and talk about what you see. This helps younger children learn about their neighbourhood and can give older children a quiet time to study.
4. Ask your child for all notes, letters, and bulletins from the school and teacher. If you cannot read them ask the Multicultural Worker or a friend to translate them for you.

5. In June, the school provides the school calendar for the next school year. It gives very important information about school dates.

6. Use your home language daily. For example, talk with each other at dinner or at meal times; read and/or tell stories to your child in your home language.

7. Help your child to build background knowledge in your home language about new topics being studied in school. Read books; look at videos together; talk about various topics. See if you can find information about these topics in your home language on the internet.

8. If your child is confused and does not understand what the teacher wants, encourage him/her to talk to the teacher about it.



9. Learning a new language takes lots of energy. Make sure that your child gets plenty of sleep. (8 to 10 hours of sleep a night is recommended for children and youth.)

10. Show your child that you think learning English is important. Help your child to find opportunities to use English outside of school (community centres, sports programs, youth clubs, spending time with school mates, etc.).

11. Be patient. Understand that learning a language and learning in a new school system is a long-term process.