Supporting your son at school – Ten Strategies for Parents

The under-achievement of boys has long been a national issue; on average, girls outperform boys in almost every exam. We have recently worked with Gary Wilson, author of many books and campaigns on raising boys’ achievement to develop strategies that teachers can use to prevent this at Walton High School. Gary also held a parents’ forum to inform parents of the things they can do to help their son do well at school. We have summarised these below:

1. Give praise and encouragement for hard work, attitude and effort.
2. Use short-term rewards.
3. Guide your son towards hobbies and activities outside of school that they will enjoy and succeed at.
4. Give your son responsibilities around the house and encourage him to be independent. This will help him to take responsibility for his own organisation and learning.
5. Talk to your son about his feelings and problems.
6. Support completion of homework by checking his homework diary and discussing his homework with him.
7. Encourage your son to read both subject specific material and fiction.
8. Make sure he has enough sleep. Research has shown an adequate amount of sleep to be crucial to learning. Stop computer games, etc. at least an hour before bed so he has chance to ‘switch off’.
9. Make sure he eats (a healthy!) breakfast. Again, this can have a huge impact on cognitive functioning and mood. Talk to your son about the importance of this.
10. Limit leisure time in front of screens – research suggests a maximum of 2 hours a day. On weekdays, this could be used as a reward for doing homework.

We appreciate your ongoing support.

If you have any queries or concerns please do not hesitate to contact us.