

Best practices for parents in supporting their child's schooling

Parental practices that support the satisfaction of their child's psychological needs are grouped into three categories.



AUTONOMY SUPPORT

Create an environment where the child feels they can act voluntarily by...

considering the child's perspective

respecting their natural pace

explaining the reasons behind our asks

providing meaningful choices



INVOLVEMENT

Create a supportive environment where the child feels accepted and understood by...

being attentive and available

showing genuine interest

showing empathy and acceptance

providing support and resources



STRUCTURE

Create a predictable environment for the child by helping them plan their actions by...

communicating rules and expectations

being consistent

offering constructive feedback

demonstrating supportive authority

Children whose **psychological needs are better met** adapt more effectively to their school environment, which promotes their perseverance, motivation, school success, and well-being.

PRODUCE BY:

Study on parental needs in supporting their child's schooling
www.besoins-parents.fse.ulaval.ca
Under the direction of Catherine F. Ratelle



CANADA RESEARCH CHAIR
ON PARENTING AND ACADEMIC
AND VOCATIONAL TRAJECTORIES



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Optimal parental practices in supporting their child's schooling



AUTONOMY SUPPORT

Create an environment where the child feels they can act voluntarily.

This contributes to satisfying the child's
need for autonomy.

How to support a child's autonomy?

Try to see things from their point of view, listen to their opinions, and consider their feelings.



Adopt the child's
perspective

"I understand, the homework seems boring to you."

"It's normal to feel discouraged sometimes."

Clarify why certain school tasks are important to help them value their role as a student.



Explain the reasons
behind our asks

"Learning grammar rules helps you communicate clearly with others so they can understand you."

Give age-appropriate responsibilities and offer choices that are meaningful and rewarding.



Offer meaningful
choices

"You can choose which day you want to complete each task assigned by your teacher."

Be patient, and take time to observe and listen before stepping in.



Respect their natural
pace

"If you're feeling tired after school, we can take a break before starting your homework."

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INVOLVEMENT

Create a nurturing environment where the child feels accepted and understood.

This contributes to satisfying the child's
need for relatedness.

How to show involvement toward a child?

Show openness and empathy towards your child's experiences, making them feel valued.



Be attentive,
understanding, and
accepting

"Did you have a tough day? Do you want to talk about it?"

Take a sincere interest in what is happening in their school life.



Demonstrate
genuine interest

"You had a visit from an archaeologist? What did you learn from them?"

Spend time listening to their perspective and offer assistance when they face challenges.



Offer support and
resources

"For your history project, would you like to go to the library to find some books?"

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STRUCTURE

Create a predictable environment for the child by helping them plan their actions.

This contributes to satisfying the child's
need for competence.

How to structure the child's environment?

Create a stable environment so the child feels capable of achieving their goals.



Be consistent

"When you get home, you can have your snack, and then we'll have a 30-minute lesson, just like usual."

Define rules, expectations, and consequences clearly, and apply them consistently.



Clearly communicate rules and expectations

"Every evening after dinner, you'll have 15 minutes of reading. If there's time before your bath, you can choose an activity or a game."

Give feedback and offer the child the time and opportunities they need to meet the rules and expectations.



Provide feedback

"This week, you've done a great job with your homework and reading after school. Good job!"

Find a balance between enforcing rules and allowing the child some autonomy.



Have a benevolent authority

"It's important to keep up your homework routine to stay on track with your teacher's plan. But you can decide which day to do each task."

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