

Tips for parents about health

- * Provide your child with an appropriate study climate, starting with the room ventilation prior to the study;
- * Encourage your child whenever needed;
- * Do not raise the tone in front of your children and do not hit them when they are wrong;
- * If they make mistakes, apply moral and not physical punishments;
- * Encourage your own child to be as independent as possible and to take responsibility for his or her deeds;
- * Give your children a healthy diet rich in fruits, vegetables and dairy products;
- * Encourage brushing your teeth and hands before meals to be as healthy as possible;
- * Do not criticize teachers in front of your children;

Be with the teachers and each child can be a winner.



“Education starts at home and continues at SCHOOL”

Co-funded by the
Erasmus+ Programme
of the European Union



TIPS FOR PARENTS OF VIOLENT CHILDREN



Proiect Erasmus plus
„USEFUL METHODS TO COMBAT VIOLENCE IN SCHOOLS”
“METODE UTILE DE COMBATERE A VIOLENȚEI ÎN ȘCOLI”
Nr.2018-1-R001-KA229-049057_1

This project is sponsored and supported by the European Commission.
This publication represents only the author’s personal view and the Commission cannot be found responsible for the information contained in the presentation.

"SCHOOL STARTS" - Here are two words that are on the lips of all children and parents at the beginning of September. As an annual and special parenting ritual, it is a good time to ask ourselves: how can we help our child so that the school year is as good as possible.

1. Get organized! Paste a monthly or yearly calendar on the fridge to highlight upcoming events, deadlines, etc. Think about and set up with the children the morning program: wake-up time, rules and schedule at the bathroom, dressing up, taking a healthy breakfast, etc., without fuss and without hiccups.

2. Discuss issues together. Make sure you talk to him about your expectations of his performance - just make sure your expectations are matched (or maybe a little higher) and correct, depending on his talent and potential. If he is a very intelligent child, it is reasonable to expect him to take good grades. If you are an average student, do not raise the stick too high to be sure from the start that it will fail.

3. Talk to the child more. Allow them to choose their supplies and clothes, but within a pre-established budget and support the school for the introduction of the school uniform.

DO YOU WANT TO HAVE A DISCIPLINED CHILD?

Discipline the child by CONVENIENCE, NOT by CONSTRUCTION!

Establish a discipline plan in which:

1. establish what might be the major acts of indiscipline
2. decide the rules in agreement with the child and the other members of the family
3. set together, in advance, what rewards will follow from good behavior and what sanctions for inappropriate behavior
4. set rules that are appropriate for the child's age and behavior, so that he understands what you want from him!

USEFUL ADVICE

EXPLAIN YOUR CHILD RULES

- Tell the child exactly what you expect from him.
- Tell them what they shouldn't do.
- For example, when you go shopping, say, "Help me choose the things we buy, but don't start taking anything off the shelves!", But it's best to make a list of what you have to buy; set up at home if you need anything.

REQUEST THE CHILD TO REPEAT what you told him. Ask questions to convince yourself that he understood the rules very well.

RESPECT YOURSELF THE RULES SET! The power of the example is most of the times unbreakable.

Explain what happens if the rule is not followed.

AVOID BATTING OR CLUTCH

Use only the penalties initially set.

BE CONSECUTIVE

After you set the rules, follow them every time. This makes the children feel safe, knowing that you will react in a certain situation and to a certain behavior.