



# Less is More

## QUICK SUMMARY

1. Ask open-ended questions
2. Talk less and listen more
3. Take advantage of relaxed moments to have important conversations

**E**very parent wants their child to succeed in school, but challenges are a natural part of any student's educational journey. Whether it's academic difficulties, social issues, or behavioural concerns,

knowing how to approach these problems can make a big difference. Here are some tips for parents on how to effectively support their children when school-related issues arise.

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## Ask the Right Questions

If your child has been in a big argument or fight with a friend, it's natural to want to jump in and fix things.

However, instead of leading with questions like, "Who started it?" or "Was it Max again?" take a breath and approach the conflict with curiosity. Ask open-ended questions like, "Why do you think the conflict happened?" or "What could you have done differently?" Instead of immediately trying to resolve the issue, ask, "How are you going to work this out?"

This encourages your child to think critically and take responsibility for their actions.

## Talk Less, Listen More

As parents, we often feel the need to do all the talking when conflict arises, trying to fix the situation for our children. This can lead to jumping to conclusions and overshadowing the issue.

Instead, ask one of the open-ended questions above and then count slowly to eight seconds. This pause creates a space for your child to share their perspective. Often, they just want to talk it through, not necessarily ask you to step in and solve the problem.

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*Stay curious, listen more than you talk, and take advantage of relaxed moments to have important conversations.*

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## The Car Ride

Have you noticed that children often open up more when they are in the car, on a walk, or while kicking a ball around?

One reason for this is the lack of direct, interrogative eye contact, which can be intimidating. These situations provide a more

relaxed environment, making it easier for your child to talk through issues. Use these opportunities to have meaningful conversations without the pressure of sitting face-to-face.

## Conclusion

Navigating school challenges can be tough, but with the right approach, you can help your child overcome obstacles and thrive. Stay curious, listen more than you talk, and take advantage of relaxed moments to have important conversations. By fostering a supportive and proactive environment, you're setting your child up for success not just in school, but in life.