
HUB MOMENT

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NEWSLETTER CONTENT

HOW TO HELP KIDS THRIVE AT SCHOOL: PARENTING STRATEGIES AND ROUTINES THAT REALLY WORK

There's no shortage of problems going to school can bring up, whether it's challenging behaviours, friendship dramas, poor grades or sore tummies in the morning.

Every parent and carer wants their child to enjoy school, reach their potential and make friends, but it's not always as easy as it sounds.

While school is naturally full of ups and downs, as a parent or carer there are lots of ways you can help make it an overall positive experience. Whether your child has just gone back to school or started school for the first time, positive parenting strategies can help them succeed in the classroom and beyond.

Creating before and after school routines, fostering a positive attitude towards school and encouraging open and honest communication in your household all go a long way in helping to reduce school-related stress and build your child's confidence. And when things get tough, positive strategies can help resolve them.

To find out more about how to help your child thrive at school, read [Triple P's latest article!](#)

For more positive parenting strategies, check out their free [online programmes here.](#)