

Strategies to Help Your Child Love School Again (Part 2)



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My previous blog post on Why Your Child Hates School explains reasons for a student's frustrations with school and how parents can support their struggling child. Here are solutions to Help Your Child Love School Again:

Advocate for Your Child

Your child needs you to be their voice, especially when they feel unheard or misunderstood. Work closely with teachers, counselors, and administrators to ensure they receive the support they need.

Request meetings if you notice ongoing struggles. Ask about support services such as speech therapy, occupational therapy, or counseling.

Work with the school to develop an IEP or 504 Plan if your child qualifies for accommodations.

Focus on Strengths and Interests

Every child has strengths and interests that can help them reconnect with learning.

Find ways to incorporate their passions into their education.

Encourage them to join clubs, extracurricular activities, or special programs that align with their interests.

Praise effort and progress rather than just grades.

Create a Safe Space at Home

Home should be a place of comfort and safety where your child can decompress.

Provide opportunities for downtime and relaxation after school.

Encourage open conversations where your child feels safe sharing their feelings.

Validate their emotions—"I hear that school is tough for you right now. Let's work together to make it better."

Teach Self-Advocacy Skills

Empower your child to express their needs and seek support when necessary.

Teach them how to ask for help from a teacher.
Encourage them to recognize what strategies work best for them (e.g., using fidgets, taking breaks).
Help them practice self-regulation and coping skills.

Normalize Differences and Challenges

Whether your child is neurotypical or neurodivergent, they need to know that struggles with school do not define them.

Teach them that everyone has strengths and challenges.
Encourage a growth mindset—challenges help us grow and learn.
Remind them that their worth is not tied to grades or performance.

Final Thoughts: Turning Struggle into Success

If your child hates school, it's important to listen, validate, and take action. There is no one-size-fits-all solution, but by identifying the root cause and

implementing targeted strategies, you can help your child feel more confident, supported, and engaged in their education.

Remember, school should not be a place of dread—it should be a place of discovery. With the right support, advocacy, and encouragement, your child can rediscover their love for learning.

If you have concerns about your child's school experience, reach out to their teachers, special education team, or school counselors. You are not alone in this journey, and together, we can make school a place where all children feel seen, heard, and valued.