

How Do I Help My Child That Is Struggling Academically and Behaviorally?

By Candace Tuck

With social media our children have access to the world! Imagine how overwhelming life can be to WANT to see any and everything. Trying to understand the life and mindset of our children can be difficult at times. They have experiences that we didn't have and there are things we may not know that could help us parent better. Below we will discuss a few of these things:

Brain Development – The pre-frontal cortex of the brain is not fully developed until an ADULT reaches 22-25 years old. The primary function of the PFC is the ability to differentiate among conflicting thoughts, determine good and bad, better and best, same and different. SO, if you are wondering WHY your child made that decision or WHY they tend not to know why they made that decision, its because their pre-frontal cortex is not developed. They really don't know most of the time.

- Advice: Take the time to walk them through their action. Create hypothetical situations and allow them to walk through it with you. By doing this they will be prepared and make better decisions when these situations happen.

Behavior – Misbehavior in school could be directly related to academics. When students do not know the information being taught instead of asking for help in fear of looking "dumb" they choose to be defiant, uncooperative, talk to other students, etc. When they exhibit these behaviors the response from their teachers may lead to verbal altercations, parent calls/meeting, and/or referrals.

- Advice: Sit with your child this evening and let them read two pages from any book. Then write down basic multiplication and division problems and ask them to work it. This will provide you a basic awareness of their academic level. If you notice a deficiency email his/her teacher and provide them with your discovery and request tutoring.
- Seek Khan Academy and YouTube for academic support.

All people want to perform at their best. Some do not have the skills or knowledge to do so. As a parent continue to do your very best then create a village of people to support your child as they develop and grow into a productive citizen.