

Talking with your school

Tips for dealing with your child's school and getting the right support

Having a positive relationship with your child's school can help when you need to talk to the school about your child's support.

- 1 Share what your child is telling you at home.
- 2 Don't be afraid to make suggestions about what might help.
- 3 Feel confident to chase things up with the school if action hasn't happened.
- 4 If you are attending a school meeting share the things you'd like to cover in advance.
- 5 Think about if what you are asking for from the school is reasonable and think about other options that might work.
- 6 If you are upset about something going on in school take a deep breath before getting in touch.
- 7 If you have a good meeting with the school tell them!
- 8 Ask for help yourself.

For more detail, please see over the page.

- 1 Having a learning difficulty really affects how children feel about themselves and school. They may not want to go to school or are very anxious about something (academic or social) at school. These children usually hold it together at school and let it all out at home so teachers don't know the level of anxiety.
- 2 From ideas about equipment to help child with reading and spelling to asking that the school let you know when any assessments or tests are going to happen so you can prepare your child for them.
- 3 If something changes or stops follow up with the school to find out what has happened.
- 4 For example, email the school to ask if you could have time in the meeting to discuss your query/issue.
- 5 For example, if the support the school provides means your child misses PE or art time with the class, talk with the school to see if there is another way to get the support but also let the child attend the class in order to help their self esteem/creativity/chance of success.
- 6 It is normal for you to feel upset if your child is upset. Give yourself space to think through your response before emailing or phoning. This will reduce the emotional response which usually don't help in the long term.
- 7 If a meeting with the school has gone well, send an email to say you found it helpful. Depending on what the meeting was about you can sometimes use the email to check back on what was agreed.
- 8 When you are unsure what you can or can't ask contact Dyslexia Support Southland for additional support and information. You are your child's best advocate and you have every right to ask questions and follow up.

