

As a parent, you can help your child learn

by making sure that

- children of school age sleep roughly 10 hours each night.
- schoolchildren eat breakfast in the morning before going to school and a snack, dinner and evening meal after school.
- your child gets exercise and fresh air daily. Playing and spending time together is important for children of school age.
- your child follows the rules you have established together for watching television and playing games. It is important to respect the age ratings of programmes and games.
- you are aware of how your child is doing at school. Ask your child about his or her school day every day:
What did you learn today? Who did you play with? Did you receive homework? Are there tests or other important events coming up?
- you communicate with your child's teacher on matters that could have an impact on your child's studies or learning. Parents are entitled to the services of an interpreter at parents' nights.
- your child has enough space and time to do his or her homework.
- your child can get help for his or her homework if necessary. If you cannot help with your child's homework, ask his or her teacher or other parents about homework clubs.