

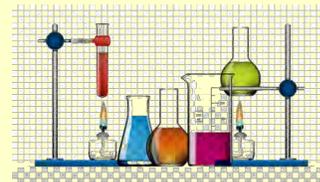


Whether you're helping your children cope with going to school online, or you're just trying to bring about more peace in the family while you're all in the house together, here are some tried and true tips for making everyone just a little happier. One important thing to remember: Whatever option they insist they need, they must be able to **prove it works**—because your bottom line still needs to get accomplished.

Helping Them Concentrate

Each person can...

- ___ Choose to do the hardest work at their best time of day (within reason).
- ___ find a place where the room temperature is comfortable.
- ___ eat or drink if desired (as long as there's cleanup afterward).
- ___ take a short break if things get too intense or muscles are just too restless.
- ___ have music in the background (approved by parent) if it helps to concentrate.



Formula for Success:

1. Know your strengths
2. Figure out what you need to succeed
3. Be ready to prove it works

Helping Them Remember

Auditory Learners

(usually need to hear themselves say it out loud, discuss it with others, or make a "thinking noise.")

They need:

- ___ to talk
- ___ to ask questions
- ___ to hear feedback from you



Visual Learners

(usually need to get a picture in their minds, draw, doodle, or write it down.)

They need:

- ___ to see what you're talking about
- ___ to show you what they mean
- ___ to have time to watch and think



Kinesthetic Learners

(usually need to move around, take short breaks, and take some kind of action.)

They need:

- ___ to keep moving
- ___ to get to the point quickly
- ___ to take action



All of your children will be a mix of all three—experiment with what works best at the time.

Helping Them Process and Decide

Analytic Learners

(Focus on specific facts; break information down, piece by piece; remember details.)

They need:

- ___ routine and predictability
- ___ organization and procedure
- ___ to work on one thing at a time



Global Learners

(Focus on the big picture, get an overall understanding of the "gist of things", understand things in context.)

They need:

- ___ to be valued as a part of the team
- ___ flexibility and chances to be spontaneous
- ___ to multitask and capitalize on inspiration



No one is just one or the other—we are all a mix—but you often see strong patterns.