

# Psych to Thrive

Schools and families share a common goal: ensuring student success. Psychology staff at Dufferin-Peel work together with schools and families to promote student achievement, mental health and well-being. Our new **PSYCH 5 TO THRIVE** initiative offers 5 strategies to help students thrive at school and at home.

*Each one called by name (Isaiah 43:1)*

## Making the Most of Parent-Teacher Interviews: A Parent's Guide

Parent-teacher interviews are an important opportunity to learn more about your child's progress at school. Getting involved is a great way to promote your child's success. Parent-teacher interviews are short—usually 10 to 15 minutes. Get the most out of your interview with these 5 strategies:



**Prepare Ahead:** Read your child's report card. Write down any questions or concerns so you remember them.



**Ask Questions:** Ask the teacher what area of the curriculum motivates your child most regularly. Ask what skills your child needs to develop further. Find out how your child gets along at school with other teachers and students.



**Share Your Perspective:** Share your child's interests, hobbies, and extracurricular activities, as well as any areas where your child needs extra encouragement. Let the teacher know if there are any issues completing homework.



**Make a Plan:** Ask what strategies the teacher is using to support learning—especially in areas that are challenging for your child. Discuss what you can do at home to support your child's learning and social skills. Share your contact information and ask how to get in touch with the teacher if you have more questions or concerns.



**Follow-up:** Share the teacher's positive comments with your child. Let your child know how you are all going to work together to help with any area that needs support.

For further information, contact the current psychological consultant at your child's school or Dr. Debra Lean, Chief Psychologist, at (905) 890-0708, Ext. 24330.

