







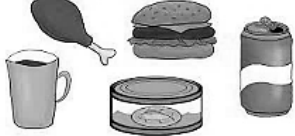


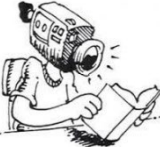





TIPS TO HELP YOUR DAUGHTER THIS TERM

 <p>Provide an area that is distraction free and designated for studying.</p>	 <p>Reduce (but don't completely eliminate) household chores.</p>
 <p>Ask your daughter to teach you what she's learnt. (Reteaching is a good way to memorize and to see if she understands what she's learnt) – also great for those who are auditory (hearing) learners.</p>	 <p>Help her to make study notes. Those who have a kinesthetic ('moving') learning style love highlighters and coloured pens!</p>
 <p>Encourage physical activity. This increases the blood flow and oxygen levels to the brain. Also make sure she has regular breaks. Although this is important for everyone it is essential for the kinesthetic learners.</p>	 <p>Ensure that she gets enough sleep (8-10 hours). Your body and mind function at their best in a predictable daily routine.</p>
 <p>Encourage your child to ask her teacher for help if you notice there are areas/topics she is struggling with.</p>	 <p>Host a study group. It is fun to get together and study together. This is ideal for auditory learners.</p>
 <p>Avoid high-fat, high-sugar and high-caffeine foods in your daughter's diet.</p>	 <p>Don't add to the pressure. Hold her accountable and set boundaries but support her and avoid criticism. Encourage and praise her efforts.</p>
<div data-bbox="220 1630 411 2000">   </div> <div data-bbox="459 1630 1018 1888"> <p>Help her find her learning style. If she enjoyed these pictures and this format she may be a visual learner. Suggest she try drawing mind maps and pictures to remember concepts. She may prefer to talk through what she has learnt and may be an auditory learner. Try different learning techniques and see what works best for her.</p> </div> <div data-bbox="1058 1619 1433 2022"> <p>VISUAL SEE IT </p> <p>AUDITORY HEAR IT </p> <p>KINESTHETIC DO IT </p> </div>	

