

# Parenting Help: What should you do when you get a bad report from school?

*At WOW, we try to give parents information about their child's behavior in order to have the parents help their child at home. If you get a concerning report, use this chart to help you navigate the follow-up!*

## **Stay calm and gather information**

- Take a deep breath. We know getting a bad report can be stressful, but staying calm will help you manage the situation effectively.
- Read the report or listen to the teacher's concerns. Make sure you understand what exactly happened. Focus on the specific behaviors your child showed and why they showed these behaviors.

## **Ask for more context**

- If you are unsure of what happened, ask the teacher questions. Sometimes, you will pick up from a teacher who was not involved in the incident. If that happens, see the office for more information.

## **Talk to your child in a Safe, non-judgmental way**

- Before starting the conversation, let your child know you just want to understand what happened, and you want to help them.
- Use open-ended questions: Try asking, "Can you tell me what happened at school today? Avoid leading questions that suggest guilt.
- Listen and empathize; let your child explain in their own words, even if they don't share everything. Stay calm during this process.

## **Reflect on possible causes**

- If this is a new issue, think about recent events, changes in schedule, your child's health or any other reason this issue may be appearing.
- Remember that young children often express their emotions through behavior if it is an ongoing issue. Your child may be struggling with a developmental factor, such as self-regulation, understanding the rules, or expressing feelings. Talk to your pediatrician or Ms. Miranda, our curriculum director, about how to follow up on ongoing issues. She can also give you resources for things to try at home.

## **Reinforce Positive Behaviors and set clear expectations**

- Gently address the behavior: explain why specific actions, like hitting, yelling, climbing, and running away, are not ok and how they impact others.
- Set clear expectations: Use simple language to explain what you expect. Such as "At school, we use gentle hands."
- Focus on positive behavior: Emphasize good behaviors you see at home and praise your child for these rather than punishing your child.