



# educate educate

>> don't let yourself be pulled <<



Parents acting demanding and responding educate more successfully because ...

- they do not fear conflicts
- they spend much time together with their children
- they demand clearly and give clear instructions
- they set the rules and enforce them consistently
- they confirm positive behavior by rewarding
- they see their role as example
- they show human warmth and sympathy
- they spoil their children neither materially nor emotionally
- they are willing to have conversations, more as their child grows up
- they are able to accept a better fitting rule
- they do not have the feeling they should be over-perfect



It is scientifically proven that children of authoritative parents (responsive and demanding) unlike disregarding, authoritarian and indulgent educational style show better school achievement, higher interest in school as well as significantly lower delinquency. (Steinberg, L. u.a.; Over time Changes in Adjustment and Competence among Adolescents from Authoritative, Authoritarian, Indulgent and Neglectful Families; Child Development 65, Nr.3; 1994.)

## We support you in ...

- disciplinary difficulties
- curious social behavior of your child
- common educational questions
- difficult family situations
- financial straits
- conflicts with school
- general questions related to school
- finding certain helpdesks and competence centers

## Contact:

Schulgesundheitsdienst  
Schulsozialarbeit Primarstufe  
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This flyer can be downloaded from [www.schulsozialarbeit.stadt.sg.ch](http://www.schulsozialarbeit.stadt.sg.ch) as PDF file in other languages.

### Further help and information

Schulsozialarbeit Oberstufe:  
You will find contacts in every Oberstufen  
school building in St.Gallen  
[schulsozialarbeit.os@stadt.sg.ch](mailto:schulsozialarbeit.os@stadt.sg.ch)

On [www.sanktgallernetz.ch](http://www.sanktgallernetz.ch) you will find  
information on ...

- supporting groups and other organizations
- pre school playgroups
- nursery schools
- sports, cultural and recreational associations
- etc.

### Informations about day nursery:

Schulamt Stadt St.Gallen  
Familienergänzende Betreuung  
Neugasse 25  
9004 St.Gallen  
Telefon 071 224 51 17  
Telefax 071 224 54 88  
[betreuung@stadt.sg.ch](mailto:betreuung@stadt.sg.ch)

Schulpsychologischer Dienst  
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# Orientation

## ...in orientation-less time



Kampagne "Stark durch Erziehung" - Ein Projekt des Schweizerischen Bundes für Elternbildung SBE  
Idee und erstmalige Veröffentlichung: Jugendamt der Stadt Nürnberg, Kampagne Erziehung im Bündnis für Familie, gefördert durch das bayerische Staatsministerium für Arbeit und Sozialordnung, Familie und Frauen

### ► Daytime structure

Care for a structured daytime rhythm. Common mealtimes in your family are important.

### ► Sleep

During primary school 8-10 hours of sleep are usually a minimum. Bedtime during 'Unterstufe' is 8pm during 'Mittelstufe' 9pm the latest.

Introduce habitual rituals and take your time to help your child as for example in dressing the pajama, brushing Teeth, telling bedtime stories, giving bedtime kisses, turning out the light.

### ► Rules, agreements

Without binding rules (guide lines) which you can count on, children often tend to be anchorless, they could develop fears or get provocative or tyrannic. A No is and stays a NO! Therefore, think about whether you want to say No and never threaten with consequences that you cannot or do not want to keep. Support your partner in educational matters. Children tend to utilize inconsistencies. Introduce small jobs in your family and household and motivate your children to daily collaboration.

### ► Recreational activities

Your child should have a hobby and should spend its leisure with selected friends. Music, sports, activities in youth associations, doing handicrafts and similar things are good recreational activities.



▶ **Brands and other enforcements**

Your child does not have to possess everything and wear the same brands as all the other children. Imitating does not strengthen character at all but reduces it onto formalities and materialism.

▶ **Pocket money**

Pocket money is not necessary. Risk exists that unnecessary things are bought. Rather should pocket money serve in learning about reasonable exposure to money. Lead: ‚Unterstufe‘ weekly 2 CHF at the most, ‚Mittelstufe‘ 5 CHF at the most, more in ‚Oberstufe‘ depending on the associated duties.

▶ **Tidiness, reliability**

Tidiness is half of the life. Tidiness and discipline are important, also and especially for school studies.

▶ **Homeworks**

Do not solve homework for your child but provide for a bright, undisturbed working place. Check from time to time if your child is working and if it is solving the homework properly. Send it to school if documents are missing and help only by answering questions. Additional practicing is reasonable, should be discussed with a teacher though. The time budget to solve homeworks should not be unlimited. Reasonable are, depending on the age, 1/4 h to 1 1/2 h daily. After school the following procedure is advisable: let your child tell about the day, show interest and ask questions, eat something, do homework spend leisure time.

▶ **Care, time**

Educating children demands for time. This means talking together, doing something together and game playing. Who spends too little time with his child can compensate for this deficiency neither by spoiling nor by Presents.

▶ **Outgoing**

Going out at an age below 12 should stay an exception. At the age between 12 and 14 outgoing on weekdays should not be allowed, on weekends until 9pm. Discuss about when to be home with teenagers! (Rather restraining on weekdays, on weekends until 10pm, one exception per month). Important is what you arrange with your child, not what other children do.



▶ **TV, computer, cell phones**

A TV is not a babysitter! By the way, a language is not learned by watching TV. Children should not spend more than 1 hour per day watching TV (including computer games, Nintendo, cell phone games etc.) Only allow certain programs. Neither open video consumption nor uncontrolled internet access. In principle a child does not need a cell phone; if, only with prepaid card then.

▶ **Nutrition**

Your child needs a good breakfast, healthy food as well as a small meal at 9am and 4pm. Avoid sweets and sweet beverages. Few fruit juices for babies (teeth!). Alcohol in all its forms is a taboo for children. Assert yourself if your child gets choosy and awkward. Limit food and control grazing.

▶ **Sports**

Corporal exercises boost intellectual performance and keeps fit. Sports can vitally contribute to not getting Overweight.

▶ **Violence**

Never abuse. Do not become a victim of the negative amplifying entrapment which inescapably leads to bad disciplinary excesses. You only can expect your child to learn different ways of conflicts if you exemplify it through your own life. If you still lose your patience: Please think before you act.

▶ **Collaboration between parents and school**

Take responsibility for the behavior as well as for the achievement of your son / your daughter in school. Avenge wrong behavior also at home. Ask when your child blusters about teachers or friends: „And what have you done?“. Enforce responsibility of your child by doing so.

▶ **Over-protection, spoiling**

Your child is not your partner. It's you to set the rules. If you cling to your child you constrain common development of self confidence, independence and self effectiveness.

▶ **Values, norms**

Care for your child to follow the rules which apply in the society. Also explain what is especially important for you policy, respectfulness, no violence, tolerance, respect for properties, honesty, no alcohol, no smoking, no drugs, no crime, modesty.

