

# Parenting from a Distance



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- 3 **Be involved** in your child's life
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Parenting a boarding student can be challenging, as it involves navigating the unique set of challenges that come with parenting from afar. Sending a child away from home during a time of major developmental and physiological changes can be unsettling.

However, despite the distance, parents and caregivers can still have a significant and positive impact on their child's overall experience and wellbeing. Maintaining a strong and healthy relationship during their time away is crucial and can set them up for success beyond their years at school.

Providing your child with support and encouragement will help them develop a strong sense of self-assurance. This can be done by praising their achievements, providing constructive feedback, and offering guidance and advice when needed. Building their skills and confidence will enable them to thrive both academically and personally. It is crucial to celebrate your child's strengths and achievements, no matter how small, to ensure they develop a healthy and positive mindset.



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## Establish clear communication channels

Schedule weekly phone or video calls, and use messaging apps to keep in touch with your child. Avoid constantly checking in or asking for updates, as this can make your child feel suffocated and pressured.

## Understand your school's culture and environment

Familiarise yourself with the school's culture, rules, regulations, academic programs and support services. This will help you understand your child's experience and highlight how you can best support them.

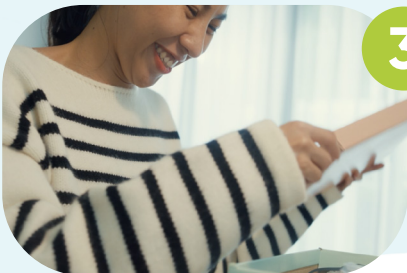
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## Be involved in your child's life

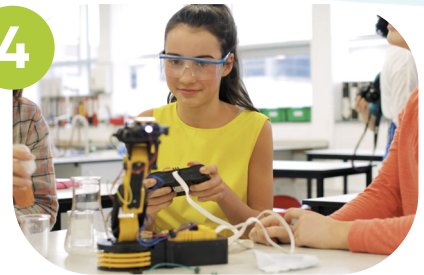
Despite living apart, it's essential to be involved in your child's life. Ask them about their day, listen to their concerns, and send care packages or letters to show that you love and support them, even though you are far away.



## Support your child academically

Encourage your child to take their academic responsibilities seriously. Ask them about homework and projects they are working on, and check their grades regularly. Consider hiring a tutor or speaking with the school's academic advisors if needed.

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## Promote independence

Boarding school is an opportunity for children to develop independence and self-reliance. Encourage your child to take responsibility for their actions and make decisions on their own.





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### Provide emotional support

Living away from home can be emotionally challenging for children and teenagers. Be supportive and understanding of their feelings. Be empathetic by listening to their concerns with understanding and sensitivity.

### Stay informed

Stay up-to-date about all school activities. Take an interest in things they are involved in and be present whenever possible at events such as parent-teacher interviews, school plays and sporting events.

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### Know when to intervene

Pay attention to your child's behaviour and academic progress. If you notice a decline in either, it's important to intervene and work with the school to address any issues before they escalate.



### Collaborate with school staff

Establish a positive relationship with school staff, including teachers and support staff. They can provide valuable insights into your child's academic and personal development and offer support and guidance if needed.

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### Promote self-care

Encourage your child to take care of themselves physically, mentally and emotionally. Persuade them to get enough sleep, eat a healthy diet, exercise regularly and seek support from friends and school counsellors when concerns arise.

