

Encouraging Positive Attitudes Towards Learning

We know young people's attitude towards learning and school is also very strongly influenced by their father. So, if you model and encourage a love of learning you will be setting your child up for success throughout their life.

You don't have to have done well at school or be strong academically yourself to have an impact on your child's education. Evidence shows you just have to be supportive and positive about learning. In fact, children of all ages with fathers interested and involved in their learning have a clear academic advantage.



Top Tips for Dads

- **Initiate discussions about school, learning and education with your children**, ask about what they are learning, and what they think about certain topics or learning areas. Take a real interest and listen to their thoughts and opinions.
- **Encourage your adolescent to be curious and ask questions.**
- **Demonstrate the importance of learning in everyday life.** Show your children how you use certain skills and understanding in your life and work, plus how learning is a continuous process throughout life.
- **Discuss books, movies, documentaries, television and online media.** Talk about what your child is reading or watching or watch something together and discuss the content.
- **Ask your child to teach you something new** – how to use a computer program, app or game.
- **Have open discussions about current topics** – a news, society, science or culture. Link these to their schoolwork if possible. Ask questions that encourage thinking -“What did you think about that?” “Did you agree with that?”, “What advice would you give in that situation?”

Wellbeing Check



Learning new things is great for your wellbeing as well. If you find yourself in a rut or feeling down trying something new is beneficial for your mental health. Doing something at of your comfort zone heightens your senses causing a release of adrenaline and rush of dopamine to your brain. This produces a natural high in the short term as well a sense of achievement and broadening of your outlook.

For more information: thefatheringproject.org