

# Learning Matters

## What does it mean to be 'smart'

Most parents want their children to be happy, do well in their chosen field and achieve their full potential but how can they achieve this? Sometimes it seems that parenting has become a competitive sport! Even over the last 20 years there are more and more extra -curricular activities on offer and increasingly extensive use of tutoring. This session will explore what it means to be 'smart' or 'clever'. We will consider what parents can do to support their children's learning whilst building confidence, motivation and independence so that children are well placed to become 'smart' individuals and be their very best selves.

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## Session Outline

- Definition of 'smart'
- Parenting styles
- Family values
- Growth and fixed mind-sets.
- Using descriptive praise to boost confidence and motivation.
- Raising an emotionally intelligent child
- Learning how to learn and being independent

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## Session Includes

**Personal attention and feedback in an informal atmosphere**

An invaluable booklet complete with information covered on the session

**Opportunity to ask questions**



### Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.