



How my child learns: a checklist

Watching how your child learns can help you support them to get the most out of their learning. Share what you observe with your child to help them understand what works best for them. This self-knowledge will help them understand what they need to do to make learning easier and more enjoyable.

When does my child learn best?

- Early in the morning
- After they eat breakfast
- Any time before lunch
- In the afternoon after lunch
- After school when they get home
- In the evening after dinner
- Late at night

What helps my child concentrate?

- Doing some exercise
- Eating a snack
- Listening to music
- Having a nap
- Sitting in a quiet spot
- Turning off their digital devices

How does my child prefer to learn?

- By reading information
- By listening
- By trying things hands-on
- By watching educational videos
- By talking and asking questions
- By writing notes and drawing diagrams
- On their own
- In a group