



### ...my child gets bad marks?

Does your child get bad marks at school? Are the results far from your expectations? Before you get mad at your child or start with punishments, first try to find out, what is the cause of the situation. Talk to your children. Ask them how they like it at school, if they enjoy classes, whether they understand what is being taught by the teacher. Language barrier resulting in insufficient understanding of the subject is a very common cause of lower grades especially with children coming from foreign language environments.

If your child has only lived in the Czech Republic for a short time, s/he must learn much more than just the school curriculum. They must understand the structure of the Czech language, new culture and its specifics, form new relationships, try to fit in with peers. Bad grades may be the result of uncertainty experienced by the child in one of these areas. Let your children know that you are aware of the difficulty of their situation. Express interest in their feelings, help them prepare at home, pay attention to the mistakes they make and try to overcome them together. Always put positive approach and motivation first before criticism.

If the child's results do not improve over time despite the best efforts, turn to the teacher. Arrange a personal meeting, discuss possible causes of the problem. Trust their experience, teachers spend a lot of time with children and have plenty of time to observe their behaviour. If you suspect some learning disorder, such as dyslexia, they can

recommend seeing an expert counselor or a specialized psychologist. Visiting such a clinic is not unusual in the Czech Republic and there is no reason to fear it. On the contrary, it could potentially really help both you and your child.

Never forget the most important thing, which is that every child is a unique individual with its specific traits, interests and preferences, talents and skills. Grades may to a degree reflect how successful the child is at school, but they certainly do not determine how successful the person will be in their future work, and in life. Support children in their extra-curriculum activities, such as sports, arts, music, etc. Praise their positive traits and behaviour, make it clear to them that you love them even when they are not doing their best at school.

### ...my child doesn't have friends at school?

Talk to your children, ask them, how they feel at school and how they get treated by the other children. You can also turn to the teacher who works with the whole peer group and knows all the children very well. If you don't discover any serious problem (your child is just a little shy, or is overcoming the language barrier), make it possible for them to hang out with their peers outside of their school. There are many leisure-time and extra-curriculum activities available in which language is not so important, such as sports. Children can gain confidence there which will then aid them in making new friends at school.





## ...my child doesn't want to go to school, is miserable, acts funny, is „different“?

Have you noticed unusually negative behaviour? Is your child quiet, looks sad, doesn't want to talk about school, is stressed out, cries, when it's time to go to school? Or, on the contrary, is the child aggressive and reacts negatively to standard situations? Then it is quite likely that something bad is happening at school. If the grades are good and the child doesn't complain about the teachers, focus on the relationship with classmates.

Children from different language backgrounds may face prejudices from their peers at school which may make them feel lonely because they have no one to talk to. In the worst case scenarios they may be the target of bullying. Let them know that they can confide in you, that they are not left alone with their problems. Offer help. Contact their teachers, inform them of your suspicions. If you discover conflict with a particular child or group of children, solve the problem in cooperation with the teacher, and, if needed, aided by an expert. Don't hesitate to involve your child in the solution, express trust in them, keep them informed on what you intend to do. Always take into consideration that your child will spend a lot of time with their peers in the future, so try to tackle everything with calm, positive approach and with a cool head.

## ...my child gets in trouble at school, doesn't behave?

One of the most common reasons why children of all ages misbehave

is seeking attention. Children from different language backgrounds may feel excluded from their peer group, and try to attract attention in any way possible. „Bad behaviour“ may also be caused by the language barrier, by not understanding the teacher's requirements, not being able to deal with a stressful situation. Information about the child's behaviour usually comes from the teachers, so ask them to explain what exactly is going on at school. Try together to find the cause and the solution. The child could also be suffering from a behavioural disorder, so if you seriously suspect that, go to see an expert. You can get the recommendation from your school.

## I am not sure if I can deal with the situation, I need help!

Are you dealing with a new and/or complicated situation and you are not sure if you can handle it? Do you worry that your Czech language skills will be insufficient to deal with it effectively? We will gladly help you with translations, accompany you to school, seek out all the necessary information for you, and find you professional help.pomoc.

## Contacts

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