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Homeschooling

SUMMER 2024

and beyond

Top concerns
keeping parents
up at night

**MATRIC
FINALS**

Success &
recovery

**COOKING &
BONDING**

Fun & festive
holiday treats

**SCREEN
TIME AND
CHILDREN**

Google unveils
School Time

**Supporting
gifted children**

**UNLOCKING
CREATIVITY AND
CONFIDENCE**

The power of independent play

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Ask Dalena



Dalena van der Westhuizen will answer any questions or concerns you may have about learning, concentration, memory and cognitive development – and, of course, the frustrations arising from these



How can I ensure that my child's actually studying and not just pretending?

– *Khevana Theledi*

Hi Khevana

One way to check whether your child's truly studying is by encouraging them to explain what they've studied in their own words. Ask them to "teach" you or someone else. This process reveals how well they understand the material. You can also ask questions that prompt them to think critically about the topic, which will help reinforce their knowledge and clarify any gaps.

How involved should a parent be when it comes to their child's studies? I believe in letting them do it on their own, unless they need my help. However, most of my friends don't take the same approach. – Sharon Terblanche

Hi Sharon

It's great to encourage age-appropriate independence in

your child's learning! Research shows that balancing support with autonomy is beneficial. Offer help as needed, but let your child tackle tasks on their own, where possible. This approach builds confidence and problem-solving skills. Checking in regularly can also help you stay informed and available, allowing you to guide them without taking over.



My child is in Grade 4. He doesn't summarise material when studying, but still does really well. How important is summarising and what should my approach be? – Meghan Ward

Hi Meghan

If your son's doing well, summarising may not yet be essential. However, as he progresses, summarising becomes valuable for processing and retaining larger amounts of

information. Introduce it as a skill over time, perhaps by asking him to create short summaries or explanations of what he's studied. This way, he'll gradually build a habit that will serve him well in higher grades.

If my child's mark on her report card for maths is below the grade average (she's in Grade 3 and isn't being homeschooled), should I consider extra lessons, even though her mark is still above 70%? – Andrea Nel

Hi Andrea

If your daughter's marks are above 70%, additional lessons aren't necessary unless she's struggling with certain math concepts or lacks confidence. Consider extra help if you notice ongoing challenges or if she expresses frustration with her work. Regularly reviewing foundational skills can also be beneficial to keep her on track and feeling secure in her maths abilities.



About Dalena



Dalena van der Westhuizen is the co-founder and MD of BrainAbility, a cognitive development specialist, a master brain coach and an internationally certified cognitive coach. She translates the latest international cognitive research and best practice into strategies that can be applied by parents and educators alike.

A mom and a self-confessed chocoholic, Dalena enjoys working with both kids and adults to improve the way their brains process information for better learning, reading and focusing.

Send your questions for Dalena to: adri@isikhova.co.za.