

NOTABLE RESPONSES IN ALLEVIATING POOR PARENTAL ASSISTANCE

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Children and adolescents are developing behavioral patterns that affect both their current and future health. Young people are at risk of using tobacco, alcohol, or other drugs, engaging in violence or gang activities, and starting sex at a young age. Nevertheless, a growing body of research shows that increasing protective factors in children's and adolescents' lives can guide them to avoid behaviors that put them at risk for negative health and educational results.

Personal attributes such as academic and career goals; life conditions such as frequent parental presence in the home at key times (e.g., after school, at dinner time); and behaviors such as participation in pro-social activities are examples of protective factors (e.g., school or community sports). Involving parents in their children's and adolescents' school lives appears to be a promising protective factor.

Parents play an important role in helping their children's health and learning, guiding their children through school processes successfully and advocating for their children and the effectiveness of schools. Parental involvement in schools is described as parents and school staff collaborating together to support and enhance children's and adolescents' learning, development, and health. Parent engagement in schools is a joint responsibility in which schools and other community agencies and organizations are committed to reaching out to meaningfully engage parents. Parents become committed to actively supporting their children's and adolescents' learning and development. This partnership between schools and parents affects and reinforces children's health and

learning in a variety of settings – at home, at school, in after-school programs, and in the community.

Teachers, school administrators, and parents have all used the term "parent involvement" to refer to a variety of aspects of parent-school relationships (Hornby & Lafaele, 2011). Parent involvement has been perceived as present in the school building or as school-centric involvement; this was based on the idea that schools and teachers should direct parental involvement. Furthermore, there was a focus on telling families how they can get involved in the school, rather than listening to parents and soliciting their feedback on how to improve students' academic achievement and behavior. It is beneficial that best practices in engaging parents in schools have recently begun to broaden beyond traditional notions of parent involvement, which often necessitate parents to engage in a traditional and more limited manner, such as participating in parent-teacher conferences and helping with or attending school activities, to adopt a more expansive view of parental involvement.

Parental involvement in schools has been shown to promote positive health behaviors in children and adolescents. Students who feel assisted by their parents, for example, are less likely to experience emotional distress, engage in unhealthy eating habits, consider or attempt suicide, or disengage from school and learning. Furthermore, it has been demonstrated that when parents are actively involved, school initiatives in promoting student health are more effective. For instance, parents who volunteer at their children's schools' activities increase the chances of meeting physical activity guidelines. Interventions that include an aspect of parental involvement have been shown to increase healthy behaviors such as learners' school-related physical exercise. School efforts to encourage parent involvement can be part of a comprehensive school health framework. A coordinated school health framework includes parents and is based on community needs, resources, and standards. Furthermore, this framework offers a systematic approach to school health by valuing the significance of modeling healthy

behaviors through staff health promotion and recognizing parent engagement as an essential component of child and adolescent health promotion at school. When parents and schools work together, they can send clear, constant feedback to children, foster the growth of positive mental health and academic development in children, and enhance the growth of child preventive care.

The primary motivation for parents to participate appears to be a belief that their actions will improve their children's learning and well-being. As a result, school personnel should demonstrate to parents how participation in school health activities can improve their children's health and education. Furthermore, parents are more likely to participate if they believe that school staff and students want and expect their participation. To increase parent involvement in school health, schools must establish a positive relationship with parents. Learning institutions should also provide numerous learning exercises and opportunities for parents to participate fully. Schools can sustain parent engagement by addressing the common barriers to engaging parents. Each school is unique, and it is not impossible to develop a single recommended plan for parent participation that is applicable to all schools.

References:

<https://files.eric.ed.gov/fulltext/EJ1124003.pdf>

https://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf