

Families play a critical role in their child's educational experience from preschool into adulthood. By using the 5Es for Families, you can create a home environment that supports and enriches your child's learning.

# The 5 Es for Families

## EXPECT

**Communicate and support high expectations.**

*Guide your child in learning new knowledge and skills while nurturing their interests, future plans, goals, growth opportunities, and resilience.*

## ESTABLISH

**Set goals and make plans.**

*Support your child's education by leading conversations about their future goals and planning for how to attain those goals.*

## ENGAGE

**Provide feedback and monitor progress towards goals.**

*Discuss your child's ongoing progress towards achieving their goals and help them generate ideas of how to overcome challenges as needed.*

## EMPOWER

**Build upon strengths to advance learning.**

*Assist your child in using their strengths to become a self-directed learner who is able to navigate and solve problems independently.*

## ENCOURAGE

**Bring awareness of needs and ask for support.**

*Help your child to express their educational needs and wants by expressing when and how they need additional support.*



EXPECT	ESTABLISH	ENGAGE	EMPOWER	ENCOURAGE
<p><b>Communicate and support high expectations.</b></p>	<p><b>Set goals and make plans.</b></p>	<p><b>Provide feedback and monitor progress towards goals.</b></p>	<p><b>Build upon strengths to advance learning.</b></p>	<p><b>Bring awareness of needs and ask for support.</b></p>
<ul style="list-style-type: none"> <li>■ Make expectations clear, realistic, and achievable.</li> <li>■ Include your child in the process of setting expectations.</li> <li>■ Model behavior you'd like to see in your child.</li> <li>■ Enforce expectations consistently.</li> <li>■ Align home expectations with school expectations when possible.</li> </ul>	<ul style="list-style-type: none"> <li>■ Support your child in identifying and selecting areas for self-improvement based on their roles (e.g., as a family member, sibling, student, friend, team member, musician, athlete).</li> <li>■ Assist your child in setting clear, realistic and achievable goals.</li> <li>■ Aid your child in developing manageable steps and measurements to track and achieve their goals.</li> <li>■ Celebrate your child's successes when goals are achieved.</li> </ul>	<ul style="list-style-type: none"> <li>■ Discuss and celebrate progress towards achieving your child's goals.</li> <li>■ Check in with your child regularly about their learning progress and set priorities (e.g., homework and class assignments, time management).</li> <li>■ Develop routines to support your child in making progress towards their goals (e.g., identify a specific location to work, remove distractions, provide feedback, and encourage independent work).</li> <li>■ Provide guidance as your child learns to track their progress towards achieving their goals (e.g., collecting evidence, reflecting, making adjustments in response to changing circumstances).</li> <li>■ Equip your child with the mindset and tools to successfully navigate challenges (e.g., play problem-solving games as a family, provide time for practice, reinforce not giving up when feeling overwhelmed).</li> </ul>	<ul style="list-style-type: none"> <li>■ Support your child in finding books, videos, and other resources to explore and learn more about the subjects that interest them.</li> <li>■ Empower your child to ask questions—of themselves, of others, about what they are learning.</li> <li>■ Build on and extend your child's interests in ways that involve other family members.</li> <li>■ Empower your child to develop their own ideas of things to do when they are bored.</li> <li>■ Empower your child to develop their independence (e.g., how to effectively manage their time, make breakfast, tie their shoes, pursue their interests).</li> </ul>	<ul style="list-style-type: none"> <li>■ Help your child express their educational needs and wants, including when and how to ask for additional support.</li> <li>■ Support your child in identifying their strengths and opportunities for self-improvement related to their learning goals.</li> <li>■ Maintain focus on the learning process, both successes and failures, not the outcome.</li> <li>■ Encourage your child by providing specific verbal and non-verbal feedback that promotes enthusiasm, optimism, and self-awareness.</li> </ul>
				