

Families play a critical role in their child's educational experience from preschool into adulthood. By using the 5E's 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
Communicate and support high expectations.	Set goals and make plans.	Provide feedback and monitor progress towards goals.	Build upon strengths to advance learning.	Bring awareness of needs and ask for support.
<ul style="list-style-type: none"> ■ Make expectations clear, realistic, and achievable. ■ Include your child in the process of setting expectations. ■ Model behavior you'd like to see in your child. ■ Enforce expectations consistently. ■ Align home expectations with school expectations when possible. 	<ul style="list-style-type: none"> ■ 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). ■ Assist your child in setting clear, realistic and achievable goals. ■ Aid your child in developing manageable steps and measurements to track and achieve their goals. ■ Celebrate your child's successes when goals are achieved. 	<ul style="list-style-type: none"> ■ Discuss and celebrate progress towards achieving your child's goals. ■ Check in with your child regularly about their learning progress and set priorities (e.g., homework and class assignments, time management). ■ 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). ■ 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). ■ Equip your child with the right 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). 	<ul style="list-style-type: none"> ■ Support your child in finding books, videos, and other resources to explore and learn more about the subjects that interest them. ■ Empower your child to ask questions—of themselves, of others, about what they are learning. ■ Build on and extend your child's interests in ways that involve other family members. ■ Empower your child to develop their own ideas of things to do when they are bored. ■ Empower your child to develop their independence (e.g., how to effectively manage their time, make breakfast, tie their shoes, pursue their interests). 	<ul style="list-style-type: none"> ■ Help your child express their educational needs and wants, including when and how to ask for additional support. ■ Support your child in identifying their strengths and opportunities for self-improvement related to their learning goals. ■ Maintain focus on the learning process, both successes and failures, not the outcome. ■ Encourage your child by providing specific verbal and non-verbal feedback that promotes enthusiasm, optimism, and self-awareness.

