

10 PRACTICAL WAYS

PARENTS CAN HELP THEIR CHILD

IMPROVE IN ENGLISH

Simple, realistic ways to strengthen reading, vocabulary, speaking and writing at home.

READ • TALK • WRITE • REVIEW

1

Choose

Select one habit that suits your family.

2

Try

Use it for a few minutes at a time.

3

Notice

Celebrate progress and adjust calmly.

For parents and carers of school-aged children

Adapt each idea to your child's age, interests and confidence.

How to use this guide

Support English without turning home into another classroom

You do not need to become your child's English teacher. The most useful support is often a short conversation, a shared activity or one calm question that helps your child think.

Four principles that make home support work

SMALL AND REGULAR A few focused minutes, repeated often, are more useful than an occasional long session.	FOLLOW INTERESTS Books, games, films, hobbies, recipes and real conversations can all develop English.
ASK, THEN LISTEN Questions help children explain their thinking. Give them time before offering the answer.	PROTECT CONFIDENCE Correct selectively. Improvement is easier when English practice feels safe and manageable.

A simple three-step routine

1 CHOOSE	Pick one idea from this guide. Start with the habit that feels easiest to repeat.
2 TRY	Use it for five to ten minutes. Stop before the activity becomes frustrating.
3 NOTICE	Name one thing your child did well and decide whether to repeat, simplify or extend it.

Inside this guide

03 Read and discuss	04 Build vocabulary	05 Speak and explain	06 Write and edit
07 Support and motivate	08 Weekly routine	09 Family action plan	10 Next steps

Licence: For personal family use. Please do not resell, upload, copy into another product or distribute publicly.

Build stronger reading habits

Short shared reading can lead to richer thinking and conversation

1

Read together for ten minutes

WHY IT HELPS Regular reading builds vocabulary, fluency, general knowledge and confidence. Shared reading also lets you model expression and curiosity.

TRY THIS Choose a story, article, comic, recipe, set of instructions or any suitable text. Take turns reading, or let your child read silently before talking about it.

USEFUL PROMPTS What happened? Which part stood out? Was anything confusing? Which sentence created a strong picture?

KEEP IT POSITIVE Do not interrupt every mistake. Correct only when the error changes the meaning or blocks understanding.

2

Talk about what you read

WHY IT HELPS Explaining a text helps children organise ideas, make inferences and connect evidence with opinions.

TRY THIS Use a simple pattern: one-sentence summary, one opinion and one prediction or question. Keep it conversational rather than testing every detail.

USEFUL PROMPTS What is the main idea? Why did that happen? What makes you think that? What might happen next?

KEEP IT POSITIVE Accept thoughtful answers that differ from yours. Ask for a reason instead of searching for one perfect response.

QUICK ROUTINE: Read one short section. Ask one open question. End by naming one useful word or interesting idea.

Make new words useful

A small number of well-used words is better than a long forgotten list

3

Keep a small useful word list

WHY IT HELPS Children remember vocabulary more successfully when they meet it repeatedly and use it in meaningful sentences.

TRY THIS Choose three to five words each week. Record a child-friendly meaning, an original sentence and one related word, synonym or opposite.

USEFUL PROMPTS Where did we meet this word? Can you use it about real life? What word means something similar? When would this word be useful?

KEEP IT POSITIVE Do not collect difficult words simply because they sound impressive. Prioritise words your child can understand and reuse.

4

Work out meaning from context

WHY IT HELPS Using clues develops independence and improves comprehension when a dictionary is not immediately available.

TRY THIS Before checking a definition, look at the sentence, nearby words, the situation, the tone and any familiar word parts. Make a sensible prediction first.

USEFUL PROMPTS Does the word sound positive or negative? What is happening around it? Which nearby word gives a clue? What could replace it?

KEEP IT POSITIVE A prediction does not need to be exact. Praise sensible reasoning, then confirm or refine the meaning together.

EXAMPLE: The exhausted runner collapsed onto the bench. The words runner, collapsed and bench suggest that exhausted means extremely tired.

Help ideas become clear sentences

Conversation is a low-pressure way to practise grammar, vocabulary and organisation

5

Encourage complete answers

WHY IT HELPS Full sentences help children connect ideas and make their meaning clear. This supports both speaking and later writing.

TRY THIS Gently expand a short answer and invite your child to try again. For example, change “Because rain” into “The match was cancelled because it was raining heavily.”

USEFUL PROMPTS Can you say that as a complete sentence? Can you add a reason? What happened first? Which detail would help the listener?

KEEP IT POSITIVE Do not correct every small grammar mistake during normal conversation. Focus on clarity and one improvement at a time.

6

Let your child explain something they enjoy

WHY IT HELPS Children often speak with greater detail and confidence when the topic matters to them.

TRY THIS Ask for an explanation of a game, hobby, book, sport, character, recipe or skill. Encourage a clear sequence: first, next, after that and finally.

USEFUL PROMPTS What does a beginner need to know? Why do you enjoy it? Can you give an example? What is the most difficult part?

KEEP IT POSITIVE Listen as a genuinely interested audience. Do not turn every explanation into a formal presentation or a correction exercise.

PARENT LANGUAGE: Try saying: “I understand the main idea. Can you add one detail that would help someone who knows nothing about it?”

Make writing short, purposeful and repeatable

Frequent small tasks can build confidence before longer pieces of writing

7

Use short, purposeful writing tasks

WHY IT HELPS Brief tasks reduce resistance and let children practise one clear purpose at a time.

TRY THIS Try five to ten minutes: describe a photograph, write a message, review a film, explain a process, continue a story or summarise an event.

USEFUL PROMPTS Who is the reader? What should they understand? Which detail matters most? Can you make the opening more specific?

KEEP IT POSITIVE Not every task needs to become a full essay. Finish while your child still feels successful and willing to write again.

8

Edit one thing at a time

WHY IT HELPS A clear editing focus makes improvement manageable and teaches children that good writing is developed through review.

TRY THIS Use separate passes: meaning, organisation, grammar or tense, punctuation and word choice. Select only the checks that suit the task and the child.

USEFUL PROMPTS Does every sentence make sense? Is the order clear? Is the tense consistent? Where does the reader need punctuation? Can one weak word improve?

KEEP IT POSITIVE Do not rewrite the work. Ask questions, point to one area and let your child make the final change whenever possible.

FOUR-PASS EDIT: 1 Meaning | 2 Organisation | 3 Grammar and punctuation | 4 Stronger word choices

Guide the process without taking over

The aim is greater independence, not simply finishing the task

9

Support schoolwork without doing it

WHY IT HELPS Helpful questions reveal what your child understands while keeping ownership of the work with them.

TRY THIS Ask your child to explain the instruction, show what they have tried and identify the exact point of difficulty. Offer a clue or model a similar example rather than giving the final answer.

USEFUL PROMPTS What is the question asking? Which part is difficult? What have you tried? Where could you find a clue? How could you check?

KEEP IT POSITIVE Finishing quickly can hide a skill gap. It is better to complete less work honestly than to submit work the child cannot explain.

10

Praise specific progress and useful habits

WHY IT HELPS Specific feedback helps children recognise the behaviours that produce improvement and makes effort feel worthwhile.

TRY THIS Notice clarity, persistence, independence, thoughtful word choice, careful checking and willingness to try again.

USEFUL PROMPTS You explained that clearly. You corrected that independently. Your example helped me understand. You stayed calm when it became difficult.

KEEP IT POSITIVE Avoid comparing your child with siblings, classmates or friends. Compare the work with their own earlier effort instead.

WHEN FRUSTRATION RISES: Pause, make the task smaller and return to something your child can complete successfully. Calm practice is more valuable than forced practice.

A realistic plan for busy families

Use this as a menu, not a strict timetable

Three or four short sessions each week can be valuable. Choose activities that fit naturally around family life and adjust the difficulty to suit your child.

The ten-minute English routine

DAY	ACTIVITY	TIME
MONDAY	Read a short text and discuss one idea.	10 min
TUESDAY	Review three useful words and use them aloud.	10 min
WEDNESDAY	Have a full-sentence conversation about an interest.	10 min
THURSDAY	Complete one short, purposeful writing task.	10 min
FRIDAY OR WEEKEND	Edit the writing, play a word game or discuss a film.	Flexible

Choose the version that fits this week

BUSY WEEK Choose one reading conversation and one short writing or vocabulary activity.	BALANCED WEEK Use three or four different activities from the guide.	CONFIDENT WEEK Repeat a favourite activity and increase the challenge slightly.
REMEMBER: Consistency matters more than completing every activity. A routine should support family life, not compete with it.		

Choose two habits for the next 14 days

A small experiment makes it easier to discover what works for your family

Choose only two habits. Keep each activity short, record what happened and review the plan after two weeks.

Step 1 - choose your habits

☐ Read together	☐ Discuss a text	☐ Build vocabulary	☐ Use context clues	☐ Complete answers
☐ Explain an interest	☐ Short writing	☐ One-focus editing	☐ Guide homework	☐ Praise progress

Step 2 - track short sessions

HABIT	1	2	3	4	5	6	7
Week 1 - Habit A	☐	☐	☐	☐	☐	☐	☐
Week 1 - Habit B	☐	☐	☐	☐	☐	☐	☐
Week 2 - Habit A	☐	☐	☐	☐	☐	☐	☐
Week 2 - Habit B	☐	☐	☐	☐	☐	☐	☐

Step 3 - reflect after two weeks

What felt easiest to repeat?	
What did my child respond to positively?	
What became difficult or frustrating?	
What will we continue, simplify or change?	

A USEFUL SIGN OF PROGRESS: Your child becomes more willing to explain, read, write or correct independently - even before school marks change.

Would you like more English support?

Explore the website or message Teacher Chris directly

The T.Chris B learning cycle

ASSESS

DIAGNOSE

LEARN

PRACTISE

REVIEW

IMPROVE

PERSONAL GUIDANCE

Choose your next step

Every child has different strengths, interests and areas for improvement.

Use the website to explore free guides and learning systems, or message Teacher Chris for personalised guidance.

When messaging, please include:

- your child's age or school year
- the English area they find difficult
- the type of support you are looking for

CHOOSE A CONTACT METHOD



WEBSITE



WHATSAPP

Scan the website code to browse free guides.

WhatsApp: +44 7362 587539

[Visit the free resource library](#)

What this free guide is designed to do

START SMALL

Choose practical habits that can fit normal family life.

NOTICE NEEDS

Observe which English areas feel secure and which need support.

TAKE THE NEXT STEP

Use suitable resources, feedback or tutoring when more structure would help.

FUTURE PARENT TOOLKIT: This free guide focuses on the ten core habits. A fuller paid toolkit can later add printable reading-question cards, vocabulary templates, writing prompts, planners and progress trackers.