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5 strategies to help your child make good progress with the momentum of the new school year.



The start of the school year generates a significant amount of momentum on a business, emotional, and psychological level. Therefore, a successful start to the school year doesn't begin on the first day of the school year, but rather within the family unit.

Whether your child is in elementary or high school, the LMS Centre's team of advisors offers five concrete strategies, inspired by current knowledge in psychology and educational sciences, to help them overcome certain obstacles, regain momentum, and begin the school year with confidence and a positive attitude toward success. These strategies will be presented in descending order of significance, culminating in strategy number 1, which we consider particularly crucial for fostering a positive start to the school year.

Strategy #5: Active Listening, understanding Beyond Words.

The start of the school year can simultaneously evoke excitement, uncertainty, and anxiety. At home, ask 3 simple questions:

- i) What are you most happy about this school year? »
- ii) What are you most worried about? »
- iii) How can we make your learning easier this year? »

Active listening goes beyond simply hearing words. It involves **truly seeking to understand** the need, the emotion, and the message in the words used¹. Open-ended and well-chosen questions can provide valuable clues about their needs and help determine the most appropriate actions for your child's situation.

Before immediately seeking a solution, start by listening to understand. A successful start to the school year also begins with a child who feels listened to, understood, and supported.

Strategy #4: Set at least 2 goals with your child.

Success is not a random event, but is built through a visual and intentional approach. Your child should have a mental model of their successes. So, ask them these two questions, which can then be transformed into goals in two categories: achievement and improvement:

- i) What would you like to achieve this year ?
- ii) What would you like to improve ?

For example, if he wants to improve his concentration in class, you can suggest he sit near the front of the class or away from his classmates, while also communicating this information to his future teacher to foster collaboration between **the student, parents, and school**. Each response thus becomes a goal that will allow you to find an appropriate course of action together. Furthermore, when the child participates in defining his own goals, he becomes more engaged.

Strategy #3: Create a conducive learning environment.

Good organization reduces distractions and helps the child devote more cognitive energy to learning rather than constantly searching, improvising, or reorganizing.²

Prepare a relatively quiet, organized space, sufficiently free from distractions, for homework and studying.

Also, establish a simple routine that includes homework time, meals, activities, and bedtime.

Strategy #2: Gradually re-establish a sleep routine.

According to Dr. Stickgold (Harvard University), after learning a new concept, the memory being formed is not in a final state; the brain transitions this memory into a stable state during **sleep**. **Many** scientific studies have shown this. This supports the notion that sufficient sleep promotes memory, learning, and **attention**. **Canadian** guidelines generally recommend **9 to 11 hours** of sleep for children aged 5 to 13 and 8 to 10 hours for teenagers aged 14 to 17.

Strategy #1: Reactivate knowledge gradually

After several weeks of rest, muscle cells must gradually resume their work routine; in parallel, after 2 months of vacation, brain neurons need to gradually regain their learning habits.

Dedicate a few 20- to 30-minute periods to reading, math, or reviewing important concepts covered in the previous year. For students who have experienced difficulties in previous years, or who are about to enter an **advanced science program**, tutoring can also be beneficial. Reviewing background material and becoming familiar with some of the concepts that will be covered in the new year can help boost their **confidence** and strengthen their sense of competence.

A well-prepared start to the school year, with the right energy, can make all the difference by the end of the year.

Wishing all families and students a wonderful start to the school year!

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LMS Consultant Team

About Us:

The mission of the LMS Centre is to help students excel or surpass themselves in mathematics and science through continuous improvement of their results. Provincial and national recognition of its team's expertise has allowed it to become the leading provider of [tutoring services](#) and the benchmark in [learning strategies](#)!



References

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