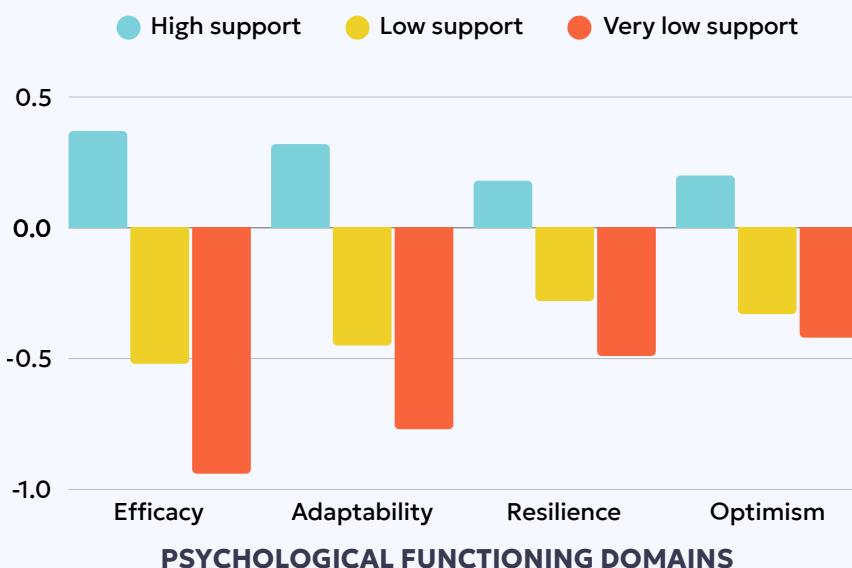


THE BENEFITS OF MULTIPLE FORMS OF PARENT SUPPORT

Parent support levels and psychological functioning domains as reported by DREAMS participants



EFFICACY

Believing "I can do this," even when tasks are challenging or unfamiliar.

ADAPTABILITY

Adjusting thoughts and behaviour when plans change or things don't go as expected.

RESILIENCE

Bouncing back and continuing after setbacks, stress, or disappointment.

OPTIMISM

Expecting good outcomes and staying hopeful about the future.

Note. Values are expressed in standard deviation units. Differences of 0.25 or more are considered scientifically meaningful.

WHAT THIS MEANS FOR PARENTS

Research (including our study) shows that parent support really helps teens do better in school and feel more confident.

LISTEN & UNDERSTAND

Acknowledge their challenges and feelings.

ENCOURAGE THEIR EFFORTS

Show interest in their school life and cheer them on!

TALK ABOUT SCHOOL TOGETHER

Ask questions, guide problem-solving, and celebrate small wins.

CREATE A SUPPORTIVE HOME ROUTINE

e.g. Quiet space, regular schedules, healthy habits.

DIFFERENT TEENS NEED DIFFERENT SUPPORT

Check in with our child about their needs, hopes and struggles. Their idea of support may be different from yours.

SEEK EXTRA SUPPORT IF NEEDED

School staff, community mentors, or trusted adults can help if support at home is limited.

