

# THE BENEFITS OF MULTIPLE FORMS OF PARENT SUPPORT

## FOUR DOMAINS OF PARENT SUPPORT



### Socio-emotional Support

Parents listen, give advice, and help with personal decisions.



### Autonomy Support

Parents encourage choice-making and open to opinions.



### Academic Support

Parents express belief in their child's academic potential and success.

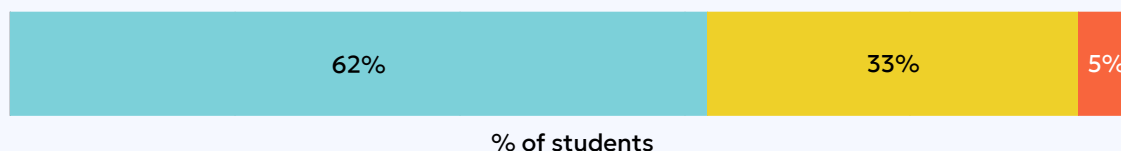


### School Support

Parents support their child's educational efforts, encourage confidence, and help cope with challenges at school.

## Parent support levels reported by DREAMS participants

● High Support ● Low Support ● Very Low Support



% of students

- Students' academic background and socio-economic status had negligible influence
- More boys than girls (2:1) reported receiving high parent support

### HIGH SUPPORT

Received **higher levels** of parent support across all four domains.

### LOW SUPPORT

Received **lower levels** of parent support across all four domains.

### VERY LOW SUPPORT

Received **very low levels** of parent support, particularly for parent school support.

#### Associated with the most optimal outcomes

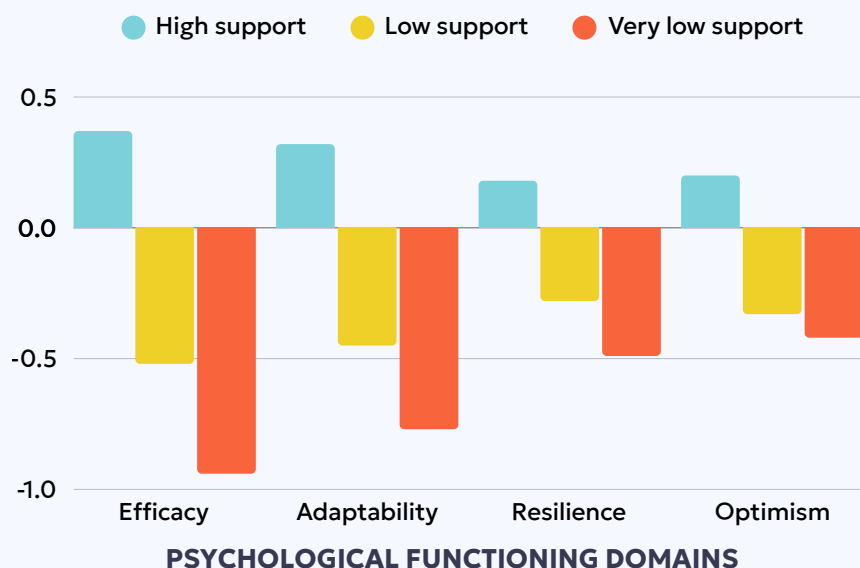
- higher psychological functioning
- lower behavioural problems

#### Associated with the undesirable outcomes

- lower psychological functioning
- higher behavioural problems

# 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

eg. 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.