**This Month’s Topic: How to Talk to Teachers**

For many parents, getting a phone call from a teacher can cause stress or anxiety. Chances are, the call will be about your child’s behavior or schoolwork, so it can be tempting to panic or jump to conclusions. However, teachers want the parents to know that communication between teachers and parents is healthy and valuable for the parent-teacher relationship as well as the well-being of the child. Listed below are several tips that parents can follow for effective communication with their children’s teachers.

**Tips For Talking To The Teacher**

* Do make time to talk
	+ Make sure it is an appropriate time to speak with the teacher
* Come prepared for conferences
	+ Make a list of things to discuss and prioritize what matters most
* Don’t interrupt
	+ Teachers put a lot of thought into the situation before calling a parent. Let them express their concerns.
* Do share your ideas
	+ You know your child better than anyone! You may know helpful tactics that the teacher hasn’t thought of yet.
* Consider your teacher’s point of view
	+ Teachers may have the opportunity to see your children in a different setting than you do. Remember, you should both work together in partnership to do what is in the best interest of your child.
* Communicate Often and Effectively
	+ Find out what form of communication works best, and utilize it.
* Don’t get defensive
	+ Instead of placing blame, focus on helping your child. The teacher needs your support.
* Don’t look for a quick fix
	+ Talk about possible solutions with your child, family, or other professionals if necessary. Take time to digest the information. Weigh your options.
* Always ask what you can do to help!
* Remember, it is equally important to talk to your child’s teachers when your child is in middle school and high school as it is when they are elementary-aged.