

7 SIGNS OF LOCKDOWN LEARNING LOSS THAT PARENTS SHOULD BE AWARE OF

HOW TO SPOT IT EARLY AND HELP YOUR CHILD SUCCEED IN SPITE OF IT



SUCCESS CODES
Certified Learning Success Coach

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INTRODUCTION



The pandemic has brought many challenges to our children's education, and as parents, you are rightfully concerned about your child's academic progress. It can be difficult to know when your child is falling behind--and even harder when you are not sure how to help them catch up.

In this eBook, we'll explore the 7 signs that may indicate your child could be struggling in school and what you can do and what you can avoid when dealing with your kids.

SIGN 1

BEHAVIORAL CHANGES



Behavioral changes will be among the first signs that indicate your child may be struggling in school. Behavioral changes in children are often subtle and can easily go unnoticed by parents or caregivers. Children may try to hide their struggles, especially if they feel ashamed or embarrassed about their difficulties in school. This can make it challenging for you to recognize when your child is struggling with lockdown learning loss.

So, it's essential that you pay close attention to your child's behavior and be aware of any changes, no matter how small they may seem.

Children always communicate through behaviors when there is something wrong in their life.

This may manifest as:

- acting out in class
- refusing to follow rules.
- anger
- bad mouthing
- pushing you and others away
- avoiding family time
- avoiding talking
- hanging out with new and sometimes the wrong group of peers
- skipping school
- treating others badly
- bullying others--or letting others bully them
- turning to substance use
- self-harming
- change in sleep patterns
- change in energy
- spending far too much time on screen and social media
- not taking care of themselves
- avoiding eating, eating wrong foods, or eating too much
- physical aggression

It's understandable as parents for you to feel concerned when you notice these behaviors in your child.

If you notice some of these new behaviors, here are things you can avoid as a parent. I say this, since as parents, we have concern and good intent, but when kids are struggling, they won't see where you're coming from and may become defensive or rebellious.

HERE IS WHAT YOU CAN AVOID:

Don't start lecturing them. Lecturing will make them avoid talking to you.

Don't punish them. Punishing a child can lead to resentment and a breakdown in trust between you and your child and may not address the underlying issues causing the behavior.

HERE IS WHAT YOU CAN DO:

My favorite 2 C's when it comes to helping kids and parents are collaboration and communication.

Collaborate with your child. Involve your child in the process of addressing their challenging behaviors. Work together to identify the underlying causes of the behavior and come up with solutions to address them. This can help your child feel empowered and invested in the process, rather than feeling like they are being told what to do.

Communicate openly and honestly. Talk to your child about their behaviors in a calm and non-judgmental way.

Approach the situation with care and understanding.

Ask them about their feelings and experiences and listen without interrupting or lecturing. This can help build even greater trust and understanding between you and your child.

To best support your child, it is crucial to collaborate with their teacher to develop effective strategies for managing challenging behaviors, working together as a team without placing blame on anyone in the process.

SIGN 2

SOCIAL-EMOTIONAL ISSUES AND STRESS

The pandemic has had a significant impact on our children's social-emotional well-being, which can have a direct impact on their academic performance.

SIGNS OF SOCIAL-EMOTIONAL ISSUES MAY INCLUDE:

- anxiety
- depression
- withdrawal from social situations
- self-harm
- eating disorder
- substance abuse
- or fear

HERE IS WHAT YOU CAN AVOID:

Avoid dismissing your child's feelings. It's important to take your child's feelings seriously.

Every child is unique, and it's important to avoid comparing your child to their peers or siblings. This can create unnecessary pressure and anxiety for your child.

Avoid invalidating your child's experiences. Your child's experiences are valid, even if they differ from your own.

Don't wait for it to go away. If you notice signs of anxiety, depression, new behavior, or withdrawal in your child, it's important to address these issues and seek support from a health care professional as soon as you can.

HERE IS WHAT YOU CAN DO:

Create a safe and supportive home environment where your child feels comfortable talking about their feelings.

Encourage them to express their concerns or fears and listen without judgment or criticism.

It's also important to reinforce the importance of self-care and encourage your child to prioritize their physical and emotional well-being. Try to put yourself in your child's shoes and understand their perspective. This can help you better support and empathize with them.

Understand that your kids are dealing with the aftermath of the lockdown, and, like many kids, they may be 1-2 years behind their grade level academically and in their social emotional growth.

Be patient with your child as they are growing up in a new normal and recognize that their experiences are much different than what you and I grew up with. Children today are growing up with social media platforms such as Instagram, TikTok, and Snapchat. These platforms are not only new to the younger generation, but they also come with a unique set of pressures that can be difficult to navigate.

Talk to your kids about Cyberbullying. The prevalence of social media and technology has given rise to cyberbullying. Unlike traditional bullying, cyberbullying can occur 24/7, reach a large audience, and be difficult to escape from. This can have serious mental health consequences for children, including anxiety, depression, and suicidal thoughts.

SIGN 3

INABILITY TO FOCUS AND CONCENTRATE



The pandemic and subsequent lockdowns have brought about significant changes in the way we live our lives, including a significant increase in the amount of time spent on screens. As a result, many people, including children, have a hard time with focus and concentration.

Spending long periods of time on screens, such as computers, tablets, and smartphones, can cause eye strain, headaches, and fatigue, all of which can impact focus and concentration.

HERE IS WHAT YOU CAN AVOID:

Avoid using screens as a form of distraction or entertainment to keep your child occupied for extended periods. While screens can be a helpful tool, they should not be the sole solution for keeping your child occupied.

Avoid creating an overly strict or rigid routine that doesn't allow for flexibility. While routine is important, being too inflexible can add unnecessary stress and pressure on your child, which can negatively impact their focus and concentration.

Avoid criticizing or shaming your child for having difficulty focusing or concentrating.

Avoid setting unrealistic expectations, such as sitting still for long stretches of time, for instance, for your child's ability to focus and concentrate.

HERE IS WHAT YOU CAN DO:

Establish a schedule, then also set balance and boundaries of a healthy relationship and use of screen time.

Have family time and regular activities in which the whole family can engage.

As parents we also need to role model our relationship with screen time.

Be present and active every day with your kids.

Make sure they are getting enough sleep and eating a healthy diet.

Encourage your child to engage in physical activity or other non-screen activities during breaks between schoolwork to help them refresh their minds, as this will improve their focus.

Monitor the amount of time your child spends on screens and encourage them to take regular breaks to rest their eyes and prevent eye strain. Limit the amount of screen time your child has before bed. Exposure to blue light, which is emitted by screens, can interfere with sleep quality, which can then impact focus and concentration the following day.

Implementing a family rule of not having phones or other electronics in children's rooms can be a helpful strategy for promoting healthy habits and preventing distractions. When children have access to devices in their room, it can lead to overuse and negatively impact their sleep, focus, and overall well-being.

Establish clear guidelines and boundaries around device use in the home--and enforce them consistently. This can help children understand the importance of limiting screen time and promote healthier habits.

SIGN 4

LACK OF INTEREST IN LEARNING AND LOW MOTIVATION



If your child is lacking interest in learning and has low motivation, it may be a sign that they're struggling in school. This can be particularly challenging for parents to address, as it may be difficult to pinpoint the underlying cause of your child's lack of interest.

HERE IS WHAT YOU CAN AVOID:

It's important to avoid blaming or criticizing your child for their lack of interest in learning. This can create additional stress and anxiety and may further discourage your child.

Comparing your child to their peers or siblings can create unnecessary pressure and anxiety and may further discourage them.

Ignoring your child's lack of interest in learning can have a negative impact on their academic performance and overall well-being now and over the course of their lifetime.

Don't hire a tutor, as they will create dependency and leave your child with false confidence.

HERE IS WHAT YOU CAN DO:

The first step in addressing your child's lack of interest in learning is to talk to them about how they're feeling.

Ask them what they like and don't like about school, what subjects they struggle with, and what they find interesting.

Listen to their responses without judgment or criticism and try to understand their perspective.

Lack of interest in learning can be a symptom of an underlying issue, such as a learning disability, anxiety, depression, or ADHD. Talk to your child's teacher or a school counselor to see if there are any concerns that need to be addressed.

Show your child that you're there to support them and help them succeed.

Find ways to make learning fun and engaging for your child. Incorporate games, videos, and interactive activities into their studies, and try to connect what they're learning to their interests and passions.

Help your child set achievable goals for their academic performance and celebrate their successes along the way.

Encourage your child to participate in extracurricular activities that align with their interests, such as sports, music, or art.

If your child's lack of interest in learning persists despite your efforts, consider seeking professional help such as investing in a Learning Success Coach™ who can identify any underlying issues and provide your child with the holistic support and resources they need to succeed in school and in life.

SIGN 5

POOR TIME MANAGEMENT AND ORGANIZATION SKILLS



Poor time management and organization skills can be a sign that your child is struggling to keep up with schoolwork. This can be particularly challenging for children who are juggling multiple responsibilities, such as school, extracurricular activities, and family obligations.

To support your child, encourage them to use a planner or calendar to keep track of assignments and deadlines. You can also work with them to create a study schedule that works best for their individual needs.

It's important to reinforce the importance of time management and organization, and also to be patient and offer support when your child struggles. Remember that these skills take time to develop and may require some trial and error.

HERE IS WHAT YOU CAN AVOID:

Avoid blaming or shaming your child for their struggles with time management and organization.

Avoid doing everything for your child and starting to micromanage. While it can be tempting to step in and take over when your child is struggling, this can ultimately hinder their ability to develop these skills on their own.

Avoid being too rigid with your child's schedule or routine.

HERE IS WHAT YOU CAN DO:

Offer support and encouragement, and work with them to find strategies that work best for their individual needs.

Offer guidance and support but allow your child to take ownership of their own responsibilities and tasks.

Allow your child to experience failure, as this is a valuable learning experience. When children face failure, it gives them an opportunity to reflect on their actions, learn from their mistakes, and develop resilience. It's important for parents to resist the temptation to rescue their children from every failure, as this can hinder their child's ability to develop the necessary skills to navigate future challenges.

It's important to encourage your child to be involved in activities they enjoy; it's also important to ensure that they have enough time and energy to devote to their schoolwork.

Creating and maintaining a routine is a crucial aspect of time management and organization. It helps your child develop good habits, improve productivity, and reduce stress levels. Routines help kids organize their time and tasks, creating a sense of structure and stability in their daily lives. By knowing what to expect and when, kids can prioritize their tasks and allocate their time accordingly. It's important to find a balance between routine and flexibility. Routines provide structure and can help a child manage their time and tasks, while flexibility allows kids to adapt to changing circumstances and deal with unexpected events.

Model good organization skills to teach your child the importance of being organized. Children learn by watching and imitating their parents, so if you consistently model good organizational habits, your children are more likely to adopt those habits themselves.

Teach your children to prioritize tasks by breaking them down into smaller, more manageable steps. This can help them feel less overwhelmed and more in control.

SIGN 6

AVOIDING SCHOOL AND EXTRACURRICULAR ACTIVITIES



If your child is avoiding school or extracurricular activities, it may be among these first signs that they're struggling academically and/or social-emotionally.

When a child has difficulty with schoolwork, they may feel embarrassed or frustrated, and this leads to avoidance, as they may want to avoid situations where they feel inadequate.

This may be particularly true in the aftermath of the pandemic, which has disrupted many aspects of our children's lives.

HERE IS WHAT YOU CAN AVOID:

Don't lecture or scold your child.

Lecturing or getting upset with your child may further discourage them and create additional stress or tension.

Don't over schedule them.

HERE IS WHAT YOU CAN DO:

Approach the situation with empathy and a desire to understand what your child is going through.

This can help create a positive and supportive environment that will enable your child to feel safe and supported. It's important to identify if your child is struggling academically and work with their teacher to provide extra support at home.

To provide support for your child, it is important to engage in open communication with them and try to understand the root of the issue at hand.

Encourage your child to participate in activities they enjoy but be mindful of their overall workload and make sure they have enough time to complete their schoolwork and maintain their physical and emotional well-being.

SIGN 7

FALLING GRADES AND POOR TEST SCORES

Falling grades and poor test scores are some of the most obvious signs that your child may be falling behind in school. This is the one indicator all parents tend to focus on the most, which is why I have placed it last on this list.

There are many reasons why your child's grades may be slipping, such as a lack of understanding of the material, poor study habits, or even anxiety OR simply because our kids have lost 2-3 years of vital learning time. This is a major and alarming factor that the system or our society is NOT talking about.

The pandemic has forced many schools to switch to virtual learning, which has resulted in a gap in your child's understanding of classroom material. This gap can significantly impact their grades, test scores, and overall well-being. If your child was already struggling before the pandemic, the transition to virtual learning may have only increased their challenges and left them even further behind their peers.

It's important to note that this is not about placing blame, but rather about understanding the challenges that children and families are facing.

HERE IS WHAT YOU CAN AVOID:

Blaming the child--it's not their fault.

Avoid placing blame on the teacher for falling grades or poor test scores. This approach will create a negative and unproductive environment that does not address the underlying issues causing the learning loss.

Hiring a tutor will not be the best solution for addressing learning loss either. While tutors can be helpful in certain situations for a quick fix, they typically do not have the training or expertise to provide effective intervention for this type of learning loss.

Especially avoid helping your child if you lose your cool and patience very quickly. When children struggle with schoolwork, it can be frustrating for all concerned. This frustration can lead to tension and conflicts that make it even harder to work together and can create a negative learning environment.

HERE IS WHAT YOU CAN DO:

Understand your child and their needs.

Communicate with your child's teacher(s) to get a sense of how the child is doing in school, what areas they may be struggling in, and what additional support they may need.

Review the child's grades and assignments to see if there has been a noticeable drop in performance.

Observe the child's behavior and attitude towards schoolwork to identify any changes or signs of struggling.

Evaluate the amount and quality of time the child is spending on schoolwork, including homework, and studying.

Have your child take a whole child assessment to pinpoint where they are and map out how they can recover and rebound from the learning loss.

Invest in a Learning Success Coach™ who can provide a comprehensive assessment of your child's needs and create a personalized project plan to help them succeed academically and personally. By investing in a holistic approach, the coach can help your child rebound from any setbacks and make progress before moving on to the next grade level.

Now, you may be wondering, who am I, and what are Learning Success Coaches™?

As a military veteran, former classroom teacher, Instructional Teacher Coach, and Dean of Students, I have dedicated my life to helping students succeed in school and beyond. With over 21 years of experience in education, combined with my own personal struggles as a child, led me to utilize the revolutionary Meta-Learning DeStress Method in my practice.

Diving deep into the world of literature and learning, reading books was an escape and the therapy I needed from the dangerous streets of Brooklyn. Having been raised by a young single mother caring for two children, I was taught early on that education was not a luxury, it was survival. As the eldest, it was my mission to set the right example for my younger sibling and to make my mother proud, as well as accomplish all the things she was not able to do. My mother was my first learning success coach before this was even a thing. She was instrumental in teaching me to value, respect, and cherish knowledge and growth. This experience during my early life helped me pay it forward and open my own private practice using this unique coaching methodology. I take a holistic approach to supporting children's personal and academic growth and success.

As a parent and teacher, I've witnessed firsthand the challenges that children face in the educational system. I have spent substantial time in and out of the classroom and have always sought to find a better and smarter way to reach kids. Transitioning out of the public school

system was both daring and frightening, however, it's what I needed to do to fulfill my purpose. I launched my own private coaching practice because I wanted to help bridge the gap between what students needed to learn and what traditional teaching methods offered. As I focused on unlocking each students' full potential, I refined and re-engineered my methodology to create a holistic approach that addresses the whole child.

The Meta-Learning DeStress Method developed by Kohila Sivas from SuccessCodes, is not just a coaching methodology; it's a philosophy that inspires hope and promotes growth. As an advocate for children's academic and personal success, I am committed to serving students, parents, and educators using this unique, successful, and proven coaching process.

Teachers are the heart and soul of education and work tirelessly to help their students. In the current system, there just isn't the luxury of time and resources to reach all children in the manner that is personal and customized. With a Learning Success Coach™ at Right Track Learning 360, all types of learners are welcomed, and all learners can get on the right track to reach their fullest potential.

Learning Success Coaches™ are trained professionals who are also certified teachers who work with individuals to help them achieve their goals and maximize their full potential. Learning Success Coaches™ use a holistic approach that take into account each individual's current mental programming, language patterns, strengths, challenges, and personal goals to create a customized individualized plan for each one's success.

SOME OF THE SPECIFIC SERVICES PROVIDED BY ME AS A LEARNING SUCCESS COACH INCLUDE:

Identifying learning challenges: Coaches can work with individuals to identify any learning challenges or barriers that may be preventing them from reaching their goals. This may involve assessing their learning style, current mental programming, language patterns, study habits, and time management skills.

Creating a customized plan: Based on the individual's goals and challenges, coaches can create a customized project plan that includes strategies and techniques tailored for that student's success. This may involve developing positive self-talk, study schedules, learning strategies, and/or goal-setting techniques.

Providing support and accountability: Coaches provide ongoing support and accountability to help individuals stay motivated and on track and motivated. This includes check-ins, ongoing support, progress assessments, and feedback on performance.

Developing life skills: Coaches can also help individuals develop important life skills, such as communication, organization, and time management, abilities that can improve overall success in all areas of life.

The **Meta-Learning DeStress Method** focuses on empowering learners through behavioral changes, addressing social-emotional well-being, and supporting academic growth. By taking a holistic whole child approach, Learning Success Coaches™ can help your children rebound from lockdown learning loss and help them thrive in all areas of their lives.

As I speak to more and more parents and teachers, it's clear that our kids are struggling, especially those who were already facing challenges prior to the lockdowns. As a parent, it can be disheartening to witness your child losing interest in learning and becoming unmotivated.

As we move towards a post-pandemic era, it's clear that our children's overall well-being has taken a significant hit. However, what's particularly concerning is the massive learning loss resulting from the sudden shift that happened during remote learning and subsequent school closures.

Although things are slowly returning to normal, it's important to acknowledge that our kids are not the same as they were before the pandemic. Many of them are now facing the daunting reality of being two to three, or even more, years behind in their grade level.

Summer **Learning Loss Rebound Programs** are educational initiatives that have been designed by Learning Success Coaches™ to help students of all ages recover from the negative impact of learning loss caused by the pandemic or any other disruptions that may have affected their education.

If your child is struggling in school, it can be overwhelming and stressful. However, by recognizing the signs of struggle and taking action to support your child's academic and social-emotional development, you can help them catch up and succeed.

Remember to seek out the right support, including working with certified coaches who specialize in addressing learning loss and supporting social-emotional well-being.

Let's work together to help our children thrive, no matter what challenges come their way.

I am not a tutor, I am more than a teacher, I am a 'wholistic' Learning Success Coach™. Book a free Clarity Coaching Call with me here.

[Book Your Call Here](#)