



# 7 | PARENTS GUIDE



# ASTI Leap Challenge

## Parents Guide

ALC consists of 3 training on Creative, Critical and Design thinking followed by a project where your child has to identify a problem and then find a solution for it. Your child will work in teams and compete with other teams in the school.

Whether or not your children win recognition or go on to compete at a state or national competition is not the focus. What is important is that your children believe in their greatness by experiencing small successes along their journey.

Also, it is *in the practice of science* that they learn to approach life's challenges in a systematic way. This is what this event is really all about.

Visiting this guide says that you are a parent who wants to help your child. You have the willingness, compassion and love. The purpose of this guide is to offer you some additional tools and information to guide your child.

### 7.1 As a Parent, What is Your Role in working with your child?

*As a parent tell yourself this:-*

*"I am my children's cheerleader. They will get beaten up by others, told that they are not good enough or cannot achieve their dreams. I'm here to tell them that all things are possible with focus, hard work and faith."*

### 7.2 So, what is your role in helping your child with his / her project? **Your child's COACH and CHEERLEADER**

#### 7.3 What Does A Coach Do?

A coach asks great questions.

#### 7.4 What is a Great Question?

Any question that starts with the word, "what." As you read through the website, you will find many examples of "what" questions.





### 7.5 Why the Word "What"?

Asking "What" encourages the brain to go into its unconscious to tap into its universal intelligence and come up with a great answer.

### 7.6 What is a Great Answer?

Whatever your child comes up with is the great answer. After all, this is **his or her** project, journey, and learning experience.

***Give a man a fish and you feed him for a day.  
Teach a man to fish and you feed him for a lifetime!***  
- Ancient Chinese Proverb

ASTI Leap Challenge takes time to complete. Because of other school and family obligations, even the best students can get overwhelmed, hit a "roadblock" and cannot seem to stay on track or even finish their project.

Did you know that each person has a learning style? When your child works through his / her individual learning style, projects and homework become easier.

#### **What are the Attributes of a Coach, Cheerleader and Parent?**

Love in your heart  
spirit of fun  
patience  
a smile from within  
belief in your child's greatness...  
***BECAUSE YOUR CHILD IS GREAT!***

Why?  
Because there isn't another creature  
on the planet that is like your child.  
Your child is unique!

Tell your child...  
I believe in you.  
You are fun.  
You are great.  
I love you.  
I'm happy you're in my life!





## 1. **Building Self Esteem in Children** **Celebrate your child!**

Please, please, remember to celebrate your children, for who they are, and NOT for the quality or quantity of their school work. Get into the habit of pointing out what is RIGHT about your children. Encourage them to pay attention to their own positive characteristics and actions, and to their interests, talents, and accomplishments. Compare these two sets of comments: *When are you going to get it right? Well, if there's a way to mess it up you'll find it...You're so clumsy...I know you'll lose it...You'll probably forget like you always do... Please do not use these negative statements!!!*

Use positive statement/remarks like this – *“Wow, thanks for remembering to pick that up...I noticed you put your ring in a safe place...Thanks for helping your brother... That was tricky but you managed to get it done...I admire your willingness to do a few math problems even though you really dislike math...”*

If children live with the negative comments, it's not a big surprise if they themselves say things like, *I'm so clumsy...I'll lose it for sure...I can't do it...I never finish things, that's just the way I am...*

Children who live with the positive set of comments learn to be confident and to pay attention to what they do right. You are liable to hear them say things like, *Well, it's hard but I can try it...Next time I'm going to do it this way...Maybe I can make a plan so that doesn't happen again...I know I can do it...I did it!*

## 2. **Building Self Esteem in Children** **Focus on solutions**

Instead of blaming and punishing, form a team with your children and work together on solutions.

***Here's a typical monologue:***

You forgot your homework again - what is wrong with you? Do you like getting bad grades? You'll never get to college and you'll never get anywhere in life with that attitude...etc.

***How about changing this to:***

I see you forgot your homework and you're feeling frustrated about it. How about if we come up with a solution for remembering your homework.

Then brainstorm together, draw things out, use a whiteboard, make a chart if this is helpful, etc.





### 3. **Building Self Esteem in Children**

#### ***Take the pressure off***

Sometimes it's appropriate to back off from something that is causing great upset, sadness, fear, and/or frustration. For example, if math is literally making your child sick, it's time to talk to the teacher and come up with an alternate plan. If you are sending your child for maths tuition, you can stop math for a while. Continue to be in dialogue with your child so you can re-evaluate when it's time to bring math back and in what format.

Remember, a person cannot learn when in a heightened emotional state - so if something is forced on a child when the child is upset, the brain will shut down and not much learning will take place - plus the stage is set for a life-long belief that one "can't do" the particular skill or subject.



#### ***To sum up about building self-esteem in children:***

***Remember that school is not life. In the real world at the end, it won't matter whether your child conquered dangling participles or still doesn't get Algebra...what will matter is whether your child believes in him/her self, whether he/she is confident about his/her own abilities and what he/she CAN do!!***

#### **7.7 What resources will your child need to do an excellent ALC project?**

Your children may require some money to buy small items such as tapes, clips, papers, etc. After your child's project has been approved by his / her teacher, we recommend that you meet the teacher and enquire about the budget and how you can help them. For example, some of the inventions require household products and you can easily provide them to your children. More importantly, please talk about the **SAFETY** of the inventions and at least you are aware of the hazards present when your child is carrying out the project. Your child may be allergic to certain things. **The school teacher MUST make available all necessary safety protection for your child. YOU, as a parent, MUST also play your role in your children's safety.**





Keep in mind that projects for ALC usually take about a month to complete. During that time it is recommended that your child owns at least one science or innovation reference book. This will make information easily available, and besides that, a personally owned book encourages ownership of the project that is created. If possible, please take your child to a bookshop to look for an affordable science or innovation book. If purchasing a book is a burden to you, please take your child to go to a cyber café and surf the internet to obtain the information he/she requires.

If you have ASTRO at home, please encourage your child to watch the Discovery Channels and other kid related science or innovation programs that will help stimulate an interest in your children.

If you come across an interesting news or story about a great scientific discovery/invention, share it to your child with great enthusiasm and surprise. This will spark further interest in that subject.

Hang posters or pictures of space shuttles, animals, insects, planes, cars, great scientists in your living room and talk about them casually during meals or leisure time.

### **7.8 This is a true story about a leading Malaysian Scientist who was born in Ipoh, Malaysia...**

Kumar was a brilliant student in school and produced outstanding results in his exams. When he obtained 7A's in his SRP test, he asked his mom for a telescope. Kamala, his mom who was a single parent, could not grant her son's wish since she had no savings at all. She was so determined to find a solution and consulted her sister, Valli, who worked in the post office. Valli told Kamala that they should gather all their relatives and ask them to give a small token as an encouragement for Kumar. They managed to raise enough money and Valli helped to contact the suppliers in the UK to ship the telescope to Malaysia. Kumar was so happy to receive the gift from his mom. From then on he continued to excel in his studies and obtained a scholarship to go overseas.

Today, Kumar is 53 years old and still keeps his telescope in his house in Kent, UK. He works as a Senior Scientist for the British Government and has a loving wife and 4 children. What Kumar remembers most is that his mother, auntie, and uncles pitched in together to get his "wish" present.

***"It takes a whole village to raise a child."***

*An African Proverb*

***Good luck on your exciting journey with your children. Make the ALC project a fun and exciting event that will further enhance your relationship with your child.***

