



Tilly's Tutoring

www.tillys-tutoring.com

Is My Child Actually Struggling – or Is This Normal?

A one-page reassurance guide for parents of learners aged 4-18

First – take a breath

Every child struggles with learning at some point. Difficulty does **not** automatically mean your child is behind, lazy, or incapable.

This guide will help you tell the difference between **normal learning challenges** and **signs your child may need extra support** – without panic or pressure.

What's completely normal

- ✓ Forgetting things they've learned before
- ✓ Taking longer with Maths or writing than their peers
- ✓ Losing confidence after a bad test or comment
- ✓ Avoiding homework occasionally
- ✓ Saying "I'm just bad at this"

These often come and go – especially during transitions, growth spurts, or exam pressure.

Signs your child may need a little extra support

- ◆ Work regularly ends in frustration or tears
- ◆ Confidence is getting worse, not better
- ◆ Gaps in Maths or English are holding them back
- ◆ They understand in class but struggle at home
- ◆ You're arguing more about homework than before

Needing support is **not a failure** – it's a response to unmet needs.

What helps (at any age)

In Maths

- Focus on understanding, not speed
- Encourage explaining answers out loud
- Normalise mistakes as part of learning

In English

- Talk through ideas before correcting work
- Read together – yes, even with older children
- Praise effort, not perfection

The most important thing to remember

Children learn best when they feel **safe, supported, and believed in**.

You don't need to be a teacher.

You just need to be on their side.

Learning Support Checklist

A quick, calm check-in for parents

This checklist isn't about labels or panic.

It's simply a way to notice patterns over time.

Tick anything that feels familiar.

Learning & Understanding

- My child understands new work at first, then quickly forgets
- They struggle to explain how they got an answer
- Gaps in Maths or English seem to affect other subjects
- Homework takes much longer than expected
- They rely heavily on guessing or copying

Confidence & Emotions

- My child says things like *"I'm bad at this"* or *"I'll never get it"*
- Mistakes cause frustration, tears, or shutdown
- Confidence is lower than it was a few months ago
- They avoid certain subjects whenever possible
- One setback affects their motivation for days

At Home

- Homework often leads to tension or arguments
- My child works better with someone sitting beside them
- I'm unsure how much help is *"too much"*
- Learning feels stressful for both of us
- I worry I might say the wrong thing

What your ticks might mean

- A few ticks are **very common**
- Patterns across sections suggest your child may benefit from extra support
- Support works best **before** confidence drops further

Needing help isn't a weakness – it's a strategy.

Next steps (no pressure)

- Focus on calm, consistent routines
- Keep language supportive rather than corrective
- Ask for help early – small support can make a big difference

About Tilly's Tutoring

Tilly's Tutoring offers calm, personalised Maths and English tuition for children aged 4-18, with confidence at the heart of every session.

You don't have to figure this out alone.