



## How a **tutor** supports your child

Tutors are traditionally thought of as being engaged to help a child cram for a GCSE or A-level exam or perhaps to help a child pass an entrance exam into a particular school. However, the role of a tutor has broadened hugely over the past couple of decades as we have come to better understand the invaluable support a one-to-one connection gives a child. In fact, tutors now consider themselves as mentors and recognise the long-term positive emotional and psychological impact they have on a child.

Knowing that an adult is sitting with you, purely to help you and no one else, is in itself a morale-boosting situation for a child. The fact that the adult is then taking their time to explain concepts that have previously eluded the child lowers their anxiety levels and starts to build lasting confidence and motivation.

As parents, we would love to have the time and expertise to sit down with our child and support them academically. But so often, we are lacking in one or both of those things. A tutor steps into that role: someone to improve a child's academic performance and also to build an unending love of learning.

Children with learning differences such as dyslexia and dyspraxia especially benefit from this care and attention. Tutors who tune into how neurodiverse brains work bring creativity and empathy into their lessons. They create a safe space for the child to ask questions and explore without the pressure of their peer group around them. Lessons are carefully structured to ensure the child progresses at their own pace. Topics are constructed according to how the child best learns, setting them up for success.

It is also worth bearing in mind that 50% of mental health problems are established by the time a child is 14. A tutor is ideally placed to spot signs that a young person is struggling with their mental well-being. This gives parents a precious insight into how their child is getting on emotionally, as well as academically. A child often responds differently to an adult who is not a teacher, parent or family member. They often open up about what's on their mind and enjoy the energy created by spending time with a mentor and role model.

Children starting at a new school in a new country benefit hugely from the support of a tutor: from strengthening language skills, to filling knowledge gaps in the curriculum, to having a friendly adult to ask questions and feel relaxed with. Regular lessons offer continuous encour-

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agement for a child in this situation. Regular support from a tutor also calms an anxious parent who is keen to see their child settle into a new environment as quickly as possible.

Homeschooling has become a Covid buzzword, but, of course, families have been homeschooling their children for aeons. For those children who don't fit into the traditional school system for whatever reason, being taught at home supported by tutors is a reassuring and liberating process. It is often the preferred choice of families who find themselves in the UK for a short period of time and who are unable to find a suitable school place. Their child remains registered at school in their home country, following the school's curriculum, while being taught and supported by tutors.

Well-trained, effective tutors working with students are clued up on study and revision skills. Tutors do not just focus on the subject material in lessons, but teach the student 'how to learn'. Understanding how the brain takes on information when

it's learning and how to accurately retrieve that information in an exam, are key to academic – and life – success.

It has long been the desire of the tutoring community to be able to support children from all walks of life, not just those lucky enough who are able to afford it. Last summer we helped set up Tutor The Nation, which was formed in response to the huge gaps in students' attainment during lockdown. In addition, we partner with several schools to run schemes where tutors offer free tuition to students from underprivileged backgrounds.

We donate to BIGI, a social enterprise and non-profit organisation with a mission to create a world full of giving by helping people make a positive, sustainable impact for others. Every time we register a new family, or someone leaves us a review on Google, we donate to projects that help educate the underprivileged, provide clean water, prioritise well-being, and to promote inclusive and equal societies for all.

**Lucy Cawkwell** is the founder and managing director of Osborne Cawkwell Tuition, London's friendliest tuition agency. Lucy and her specialist team curate a hand-picked and carefully vetted group of expert private tutors who deliver the support and development children need. Osborne Cawkwell Tuition supports students from primary school through to GCSEs, A levels and beyond. Contact her at: 020 7584 5355; [enquiries@octuition.co.uk](mailto:enquiries@octuition.co.uk), 10 Bloomsbury Way London WC1A 2SL

