

PREVENTING SCHOOL DROPOUT: GUIDELINES & TOOLS

For parents, grandparents, and family caregivers

Identify warning signs and act before it's too late

Duration : 1 hour	Modules : 6 modules
Lessons : 14 lessons	Audience : Parents, grandparents, family caregivers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training enables you to identify the first signs of school dropout and understand what is really happening in your child's mind. You will discover how to establish a secure family framework that reduces conflicts around homework, and you will learn concrete techniques to give meaning to learning and strengthen motivation. Through compassionate explanations and immediately applicable strategies, you will know how to communicate effectively with the school and when to seek external help. By the end of this training, you will have concrete tools to support your child towards academic success.

Module summary

MODULE 1	Understanding School Dropout	3 lessons
MODULE 2	Establishing a family framework that secures and supports	3 lessons
MODULE 3	Tools to Enhance Motivation and Understanding	3 lessons
MODULE 4	Working with the school and preventing dropout	3 lessons
MODULE 5	The DYNSEO applications for learning	2 lessons
MODULE 6	Final quiz	0 lessons

Learning objectives

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- Identify the 4 early signs of dropout: decreased interest, slowdown in work, resistance to homework, somatization
- Understand common causes: unrecognized learning difficulties (DYS, ADHD), fatigue, anxiety, difficult relationships at school, family emotional overload
- Establish simple and reassuring routines for mornings, homework, and bedtime
- Reduce conflicts around homework using chunking, timers, and creating a calm environment
- Support with kindness without putting pressure: targeted encouragement, valuing efforts rather than grades
- Give meaning to learning by connecting lessons to everyday life
- Use appropriate support techniques: visual aids, mind mapping, audio reading, playful learning
- Develop sustainable motivation with short and measurable goals
- Communicate effectively with the teacher: what to say and what not to say
- Know when to consult a professional: school psychologist, speech therapist, neuropsychologist

General information

Duration	1 hour of training divided into progressive modules
Target Audience	Parents, grandparents, family caregivers wishing to understand the mechanisms of school dropout and acquire concrete tools to support their child towards success

Prerequisites	None
Price	Upon quote - VAT not applicable (Article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding School Dropout**

3 lessons

Lesson 1 - The Early Signs Parents Should Be Aware Of

- Decrease in interest: the child says they are bored, avoids conversations about school
- Slowdown in work: homework taking more time, child erasing, restarting, getting discouraged quickly
- Resistance to homework: refusal to start, excuses, anger or crying when it's time to begin
- Somatizations: stomachaches, headaches, frequent nausea, especially in the morning
- Observing these signs repeatedly = warning signal to open the dialogue

Lesson 2 - Common Causes of Dropping Out (Without Dramatizing)

- Unrecognized learning difficulties: DYS disorders, ADHD, high potential, language disorders
- Fatigue, anxiety, lack of confidence: child emotionally and cognitively unavailable to learn
- Difficult relationship at school: tensions with teacher or peers, bullying
- Emotional or family overload: separation, moving, illness, arrival of a child
- Dropping out is never due to unwillingness or laziness: there is always a reason

Lesson 3 - Understanding What the Child Feels

- Fear of failure: paralyzing fear that blocks action and creates discouragement
- Feeling of disconnection: 'I don't understand what others understand' leads to isolation
- Shame and avoidance: the child withdraws, no longer raises their hand, pretends not to hear
- Gradual loss of motivation: 'What's the point of making an effort if I can't do it anyway?'
- A child who disengages suffers: accompany them with patience, do not scold or push harder

MODULE 2**Establishing a family framework that secures and supports**

3 lessons

Lesson 1 - Simple and Reassuring Routines for Morning, Homework, and Bedtime

- Predictable framework: regular schedules for waking up, meals, homework, bedtime
- Visual rituals: illustrated chart with pictograms for each step, child checks off accomplishments
- Adapted schedules: sufficient sleep, avoiding screens one hour before bedtime
- Stable routine = about 50% less stress for the whole family

Lesson 2 - Reducing Conflicts Around Homework

- Chunking: divide into small sessions of 10-15 minutes instead of a whole hour
- Timer: 'We work for 10 minutes, then we take a break' provides concrete and reassuring time
- Alternating breaks/work: short 5-minute breaks between sessions help brain assimilate
- Calm environment: television off, phones away, uncluttered space for easier concentration
- Reassuring presence: sit next to them without intervening, support without doing it for them

Lesson 3 - Support with kindness without "putting pressure"

- Targeted encouragement: 'I saw that you took your time to write well' instead of just 'That's good'
- Praise efforts, not grades: 'You really worked hard' values work and perseverance
- Preserve self-esteem: avoid comparisons with brothers, sisters, peers
- The child needs to feel loved and supported regardless of their academic achievements

MODULE 3**Tools to Enhance Motivation and Understanding**

3 lessons

Lesson 1 - Making Sense of Learning

- 'Why are we learning this?': explain what it's for (fractions = sharing a cake, geography = understanding vacation destinations)
- Everyday examples: counting change at the supermarket, measuring in the kitchen, reading signs on the street
- Real-life application: cooking (measurements, fractions), DIY (geometry), writing a postcard (writing, spelling)
- Meaningful learning is learning that sticks and enhances motivation and confidence

Lesson 2 - Simple Techniques for Learning Support

- Visual supports: colors, diagrams, drawings, colorful posters make information more concrete and memorable
- Mind mapping: organizing ideas into clear diagrams for stories, science, presentations
- Audio reading: audiobooks, applications that read text allow understanding without reading obstacles
- Playful learning: educational apps, games, family quizzes create learning without pressure
- Experimenting with several methods and keeping those that work for the child

Lesson 3 - Developing Sustainable Motivation

- Short and measurable goals: 'This week, we learn the first 3 multiplication tables' is achievable and clear
- Quick success moments: activities the child masters, games they enjoy build small victories
- Ritualizing small victories: every Friday, review what has been accomplished for visible progress
- Motivation comes from repeated successes and the joy of progressing, never from pressure

MODULE 4

Working with the school and preventing dropout

3 lessons

Lesson 1 - Communicate Effectively with the Teacher

- What to say: share observations factually ('I've noticed that my child seems tired/stressed, have you observed the same thing?')
- Ask for concrete advice: 'What can I do at home to help?' creates constructive approach and partnership
- What not to say: accusations, blame, comparisons ('Why aren't you doing anything?', 'It's your fault') block dialogue
- Asking for help is not a failure: 'I need your expertise to better support my child'
- An informed and involved teacher is the best ally

Lesson 2 - Adapting without Stigmatizing

- Simple adjustments at home: more time for certain tasks, visual supports, one instruction at a time
- Collaborate for school adjustments: more time, written instructions, place at the front of the board
- Present positively: 'We found some tips to make it easier for you' instead of 'You have problems'
- Adapt the environment = provide the tools for success, not to mask difficulties

Lesson 3 - When to Seek Outside Help?

- School psychologist: anxiety, persistent sadness, sudden change in behavior
- Speech therapist: language, reading, writing, comprehension difficulties for targeted work on fundamental skills
- Neuropsychologist: suspicion of learning disabilities (dyslexia, ADHD, high potential) for detailed evaluations
- Specialized practitioners: ADHD, DYS disorders, ASD for targeted support and concrete tools
- Guidelines for action: difficulties lasting more than 3 months, regular refusal to go to school, withdrawal, daily conflicts

MODULE 5

The DYNSEO applications for learning

2 lessons

Lesson 1 - COCO THINKS and COCO MOVES (5-10 years)

- More than 30 educational games from CP to CM2: French, mathematics, logic, memory, attention, world discoveries
- Automatic sports break every 15 minutes: physical exercise, dance, mime, stretching to move and release tension
- Accessible to specific needs (DYS, ADHD, autism): audio instructions, modulated levels, progression at child's pace
- Two-player games possible: siblings, parent-child for learning and bonding space
- Encourages a reasoned and healthy use of screens

Lesson 2 - JOE, the brain coach (middle school and high school students)

- Thirty cognitive games: memory, attention, perception, planning, language for essential academic functions
- Strengthens mental abilities for effective learning: retaining lessons, concentrating, organizing work, analyzing
- Daily intellectual training: 10-15 minutes repeated regularly for real benefits on concentration, memory, logic
- Virtual coach that tracks progress: adapts challenges and offers games according to needs
- Reassuring environment: no judgment, no pressure, space for strengthening mental skills

MODULE 6

Final quiz

0 lessons

Teaching methods

- 100% online training accessible from your computer or tablet
- Progress at your own pace, whenever you want, without time constraints
- Immediately applicable strategies and compassionate explanations
- Concrete tools: visual routines, conflict-resolution techniques for homework, methods to give meaning to learning
- Communication strategies with the school and educational professionals
- Discovery of COCO THINKS & COCO MOVES (5-10 years) and JOE (middle/high school) applications
- Certificate of completion upon finishing the training