

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Relationships (teachers): parent and carers

Young people may not have a good relationship with a particular teacher/tutor because:

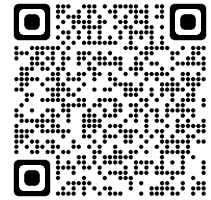
- they don't **like** the lesson
- they find the lesson hard or the teacher not **supportive** enough
- there's a **clash** of personalities
- they say something **inappropriate** that makes the young person uncomfortable
- they seem **critical** of the young person or see them as a 'troublemaker'
- they **compare** the young person's abilities to others, such as an older brother, sister or a classmate

It's **completely normal** for young people to dislike some teachers- think back to your own education and you'll probably think of a few you disliked, including their names!

However, hearing that your child is struggling to have a good relationship with teachers can be concerning, as a good rapport is important in helping your child **flourish and achieve** their best.

### What can I do to help?

- If the young person tells you a teacher has said or done something inappropriate, then this should be **reported** to the school's headteacher for safeguarding and investigation.
- Attend parent's evenings and **get to know** the teachers. Being the link between the young person and the teacher can be a big help.
- Encourage the young person to **take accountability** for their actions and help them to identify **how they can help improve** the relationship.
- Ask the young person what would they **change** about the relationship- modifications to the work? A more accessible style of learning to help them understand better? Removing comparisons of their abilities to others? A little more understanding about their background and why they're disengaged?
- It might be helpful to arrange a meeting with the teacher or their head of year, raising concerns about the poor relationship, and liaising to see how both parties can make changes to help.



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**NSPCC**

0808 800 5000

**Report Abuse in education:**

0800 136 663

[www.NSPCC.org.uk](http://www.NSPCC.org.uk)

### Helpful Resources

[Psychology Today: What to do if your child doesn't get along with their teacher](#)

[Young Minds: School Anxiety and Refusal](#)

[Parent Kind: Home and School](#)



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