



In today's evolving education system, we need to realize that learning isn't the same for everyone. Some people learn best through hands-on experiences, both in school and in real life, while others do well with theories and abstract ideas. This fact has led to various theories about how we learn.

Generally, these learning styles are grouped into four types: hands-on (kinesthetic), visual, listening (auditory), and reading/essay. These categories often change and improve over time. But where do parents, a child's first teachers, fit in? Every child is unique. They have different needs and ways of understanding, and they each learn in their own way.

## Definition and Discussion on Learning Styles

Learning styles are not a recent concept. Ever since [ancient Greece](#), scholars practiced identifying different methods of learning. The ancient philosopher Socrates, for instance, used dialogue-based learning techniques with his students, while Plato and Aristotle advocated for observational learning. The formal understanding of learning styles we discuss today began in the 1950s. Psychologists David Kolb and Neil Fleming are leading figures in this understanding.

In the 1980s, Kolb proposed that individuals learn in four different ways—concrete experience, reflection, forming abstract concepts, and testing in new situations—spawning a new interest in learning styles. Fleming, in the 1990s, presented the VARK model (Visual, Aural, Read/Write, and Kinesthetic), suggesting people learn and process information differently.

### Exploring the Definition of Learning Styles

They show a person's uniqueness through different ways of learning. Some kids learn best using images or diagrams. Others learn better by listening. Many learn best by doing things. Knowing these learning styles is crucial for parents to meet their child's special learning needs. You, as parents, should use this knowledge to adjust your teaching and create a good learning space for your kids. For example, use pictures for a child who learns better visually. For a child who learns by doing, a hands-on approach works well.

### An In-depth Discussion on Various Learning Styles

Mostly, there are three kinds: visual, auditory, and kinesthetic. The first type, visual, means people learn best when they see pictures, diagrams, or maps. The second type, auditory, means people learn best when they hear the information. The last type, kinesthetic, means people learn best when they do physical activities like games, experiments, or acting out roles. When it comes to raising kids, knowing how your child learns best helps you choose the best teaching style and make a good environment for their growth. So, if your child is a visual learner, use flashcards or drawings to help them learn. If your child is an auditory learner, read to them or use rhymes. If your child is a kinesthetic learner, let them learn by doing hands-on activities.

## Importance of Identifying Learning Styles

The idea of different learning styles hinges on the fact that everyone has a unique way they like to learn new things and that this can result in improved learning processes and outcomes. Discover your child's way of learning to see how they understand, process, and remember information. This knowledge can help teachers and parents better adjust their teaching methods to suit the child's natural learning habits and strengths. For example, some children learn more effectively through visuals like diagrams and images.

Some might prefer to listen to explanations, while others learn the best by doing things and having hands-on experiences. Grasping these styles can lead to a more personalized and successful learning environment, leading to better understanding, memory, and overall school performance. Parents, identify your child's learning style. This will help you communicate more effectively, assist with their schoolwork, and create a conducive learning environment for them at home. Recognizing your child's learning needs can also nurture emotional understanding and empathy and make your relationship with your child stronger.

## How Parents Can Assist in Identifying Learning Styles

Parents have a key role in pinpointing their child's special way of learning because they spend a lot of time with them. They should watch their child to understand their natural abilities, interests, and the best ways to consume information. Then, they can use this knowledge to shape how they help their child learn and grow.

There are four main kinds of learning: visual, auditory, reading/essay, and kinesthetic. Visual learners learn best through pictures, charts, or understanding spaces. Auditory learners learn by hearing and talking. Reading/essay learners gain knowledge by reading and writing essays, and kinesthetic learners learn by doing and touching.

Parents can figure out their child's preferred learning style by closely watching their behavior. For example, a parent might notice if their child remembers more from books or likes activities where they can use their hands. Parents should be patient on this journey. Children might not fit exactly into one type of learning style and may use a mix of styles for different subjects. Knowing a child's favorite way to learn is helpful for their studies and for learning life skills.

## Real-Life Examples of Parenting Adjusted to Learning Styles

It helps you tweak the way you parent to suit your child's specific learning style, which could lead to better academic results and personal growth. So let's check out some real-life examples to illustrate the benefits of adjusting parenting methods based on a child's learning style. Our first story is about Susan, a single parent to an 8-year-old boy called Jack. Jack is a visual learner, or, in other words, he understands things better when taught through images or diagrams. Realizing this, Susan began using more visual materials when teaching him.

For instance, she colored key points on his homework and used diagrams to explain ideas. This resulted in a considerable improvement in Jack's comprehension and memory. Our second story is about Thomas and Lisa, who have twin daughters named Emma and Grace. They realized Emma retains information better by hearing and speaking it, while Grace learns most effectively through actions or movement. So, Thomas and Lisa changed how they teach each daughter to match their unique learning styles. They read to Emma a lot and had her repeat the information. For Grace, they added more physical activities in her studies, such as acting out stories and using hands-on objects in math.

## Parent-Teacher Collaboration

Schools are vital to fostering this cooperative relationship. Parents and teachers, bring your own unique views on a child's skills, strengths, and areas to work on. You can work together for the child's overall growth. Every child learns differently, so teaching isn't one size fits all. Schools need to identify each child's specific learning style. Some kids are visual learners, some learn best by listening, and others by doing. Knowing [these styles](#) lets teachers personalize their methods so every child can make the most of their strengths.

Parents also play a key role. As their child's first teachers, parents know their child's behavior, feelings, and motivation really well. They can provide valuable feedback on their child's learning needs. So, schools

should build strong relationships with parents and keep communication open. Parents and teachers working together provide a complete view of the child's learning progress.

## **How to Support Children's Unique Learning Styles at Home**

Spot your child's strengths. For example, if your child learns by hearing, give them spoken instructions or have conversations with them. If they learn by seeing, use visual aids like diagrams or written guidelines. If your child learns best by moving, add some physical activities into their learning time. Use technology like learning apps or online games for various learning styles.

Talk clearly to your kids. Ask them to share their thoughts or worries. Knowing their views can shed light on their favorite way of learning. For example, if they don't like reading but love hands-on tasks, they might be learners who prefer to touch, move around, and do things. Be involved in your child's learning. Help them with homework, assign hands-on projects, or read together. This active involvement doesn't just show you the best study techniques for your child; it creates a supportive and exciting learning space. Stay flexible and open-minded. If your child likes outside-the-box learning styles, try to understand these methods instead of discouraging them.

## **The Takeaway**

When parents understand how their child learns best, they can adjust the way they teach to fit that style, which improves communication and strengthens their relationship. Remember to offer learning activities that match your child's natural way of learning. This helps them reach their full academic potential, boosts their confidence, and gets them excited about learning. But don't label or limit your child to one learning style. Most children use a mix of ways to understand the world around them. Childhood is a time of exploration. Creating a flexible and expanding learning environment is incredibly helpful.