

Choosing a career so early in life isn't easy – in fact it's a tough decision for almost every young person, and one that takes careful thought and planning. It's perhaps the first major life decision they'll make, so your help and support can be crucial at this stage.

Here are just some of the ways you can help your child make the right career decisions:

- Listen to your child's hopes and ideas about what they'd like to do when they leave education.
- Help them find the information that will help them make the choices that are right for them.
- Take the opportunity at school parents' evenings to talk to teachers, and listen to their thoughts on what might be best for your son or daughter.
- Speak to careers advisors who visit your child's school.
- Go to 'career days' with your child.
- Discuss the options – weigh up the pros and cons of different types of qualifications and careers, based on your child's learning styles, interests and personal strengths.
- Encourage them to find out more by speaking to people who already work in areas that interest them.
- Encourage them to take work experience opportunities, or get involved in voluntary work in areas that appeal to them.
- Help them make their own decisions – make sure it's what they really want, and offer them all the support and advice you can.

