

TEN TIPS FOR SCHOOL SUCCESS

1. Be involved...

ACTION: Actively review your child's school work/homework a minimum of 30 minutes per week.

ACTION: Volunteer at school. Benefits occur when parents volunteer as little as three hours per year at school.

2. Emphasize adequate sleep and nutrition...

ACTION: Ensure that your child is getting 10 – 11 hours of sleep per night (recommended for 5 – 12 year olds). Turn off all electronics one hour before bedtime.

ACTION: Offer children nutritious breakfast and lunch options.

3. Create good homework habits...

ACTION: Create a consistent homework location and time. Turn off TV, cell phones/texting and computers (yours too!) during homework time.

4. Teach organizational skills...

ACTION: Enlist your child's help in maintaining a calendar to track events.

ACTION: Prepare outfits, lunches, and backpacks the night before school, and place necessary items by the door to minimize "morning madness".

5. Model the behavior you want to see...

ACTION: Read books and newspapers; write letters; and discuss the application of mathematics in daily life with your children.

6. Communicate with teachers regularly...

ACTION: Understand your child's progress toward expected grade-level standards. Get specific feedback about learning and behavioral strengths and challenges from teachers.

ACTION: Clarify learning problems, and assess for learning disabilities if necessary.

7. Expect success...

ACTION: Articulate your high, but realistic, expectations for your child's academic success. Praise effort and progress more than outcome.

8. Map out the future...

ACTION: Discuss your child's future regularly, and write down their goals.

9. Check in with Your Child...

ACTION: Ask open-ended questions regularly. Listen more than you talk.

10. Celebrate Achievement...

ACTION: Create rituals to acknowledge progress and achievement.