



Parenting Tips

HELPING CHILDREN WITH HOMEWORK

It's not helpful for parents to do homework for their children or to tell them exactly what to do. Nor is it helpful to let a child struggle with schoolwork without success or support.

Here are some tips on how you can provide homework support to your children:

- ✍✍ Establish a comfortable study environment.
- ✍✍ Turn off the TV and keep younger children away from the study area to minimize distractions.
- ✍✍ Create comfortable homework routines and a flexible schedule.
- ✍✍ Discuss assignments with your child.
- ✍✍ Save articles from magazines, newspapers or websites that are relevant to study topics.
- ✍✍ Take your child to a library or museum.
- ✍✍ Introduce your child to people who are knowledgeable about a subject.

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Parenting TIPS

AVOIDING REPORT CARD OVER-REACTION

At times, both children and parents are anxious about report cards. What can you do to avoid or reduce over-reacting to a report card?

- ☞☞ Stay calm.
- ☞☞ Make sure you understand the grading system.
- ☞☞ Focus on solutions, avoiding blame and excuses.
- ☞☞ Talk heart-to-heart with your child, without lecturing, blaming, and criticizing or excessive advice giving. Listen to your child.
- ☞☞ Arrange for a parent-teacher conference to help your child learn and succeed.
- ☞☞ Make an action plan, establishing realistic goals, a timetable for improvement, good study skills and habits, and providing incentives and consequences if necessary.
- ☞☞ Get help if needed. Your child may require tutoring or other assistance, or you may have to arrange for diagnostic testing or specialized services for your child.

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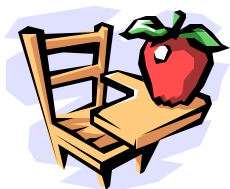
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Parenting Tips

HELPING CHILDREN WORK SMARTER FOR SCHOOL SUCCESS

Parents and teachers often fall into the trap of telling students to work harder. But many children already work hard and still do not succeed. To help your child develop the skills and strategies to work smarter, not harder, try the following:

- ✍✍ Set up a conducive environment. Provide necessary materials and eliminate distractions and time-wasters like television and video games.
- ✍✍ Teach your child to follow directions, to read directions and review the assignment before beginning work, making sure she knows how to do the work.
- ✍✍ Help her learn to manage time, using timesaving tools like to-do lists, and weekly or monthly planners.
- ✍✍ Build her confidence. Students who feel they can do well will try even when the work is difficult.
- ✍✍ Teach her to control her emotions and not to panic if test questions are hard. Remind her to stay calm and concentrate.
- ✍✍ Show her the progress she's making, pointing out she's doing more complicated work now than previously.
- ✍✍ Teach her to ask for help when she's struggling with a particular subject, project or assignment. Some students may need the more active involvement of parents or specialized help like tutoring.

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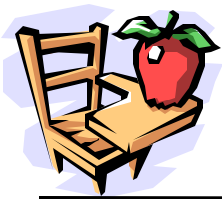
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PARENT-TEACHER CONFERENCES

When both parent and teacher are prepared, conferences are most fruitful in helping the student succeed. Here are some suggestions in meeting with your child's teacher:

- ~~☞~~ ~~☞~~ **A**sk the teacher for suggestions how you can help your child.
- ~~☞~~ ~~☞~~ **S**hare relevant information about your child. It is important the teacher is informed of any family crisis or other stressful event that may affect disposition or behavior.
- ~~☞~~ ~~☞~~ **L**isten respectfully, not becoming defensive or argumentative.
- ~~☞~~ ~~☞~~ **I**f you don't understand something the teacher has said, ask for clarification.
- ~~☞~~ ~~☞~~ **D**on't put your child down and don't let the teacher do it. Focus on his strengths even if there are obvious shortcomings.
- ~~☞~~ ~~☞~~ **S**how appreciation for the teacher's efforts. Mention specific instances when the teacher has been helpful or positive. Too often, teachers only hear complaints or problems.
- ~~☞~~ ~~☞~~ **C**onclude the conference by summarizing the decisions you made together. Agree to contact the teacher in the near future to review progress and resolve to do so.

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Parenting Tips

GETTING INVOLVED WITH YOUR CHILD'S SCHOOL

Parents who are part of their children's school lives report many benefits for themselves and their children. Here are a few suggestions for being involved:

- ✍✍ Stay informed. Read everything you receive from school.
- ✍✍ Stay in touch with the teacher to let her get to know you and your child. Attend parent-teacher conferences.
- ✍✍ Join and participate in the Parent-Teachers Association, committee and school board meetings. Volunteer to serve on a committee.
- ✍✍ Arrange a classroom visit and share information about your job or culture. Many parents have special and interesting skills they can demonstrate to their child's class.
- ✍✍ Keep in touch with administrators as well as teachers and become familiar with school policies.
- ✍✍ At home, discuss classroom activities, what's enjoyed or not, any problems and other important issues. Support schoolwork by reviewing homework, and be sure it is done.

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