



# Tips and Activities to Help Your Child Succeed In School



April 2011

Parent Resource Newsletter

## Parents Are a Child's First and Most Important Teacher

### Help Your Child Tackle Homework

When it comes to homework, your role is to create an environment where your child can succeed, not to do the homework for him/her.

1. Have your child use an assignment notebook where he writes what is required of him each day.
2. Teach your child to review work frequently.
3. Have a large planning calendar so your child can jot down assignments that are due later in the week or month.
4. Establish a regular time and place for doing homework.
5. Hang on to old quizzes to help review for future tests.



### Books for Ages 2-4

Check out the library for good books you can read to your youngest children. It is a good way to prepare them for school.

#### Where's Spot? by Eric Hill

A mother dog finds eight other animals here and there around the house before she finds her little lost puppy, Spot.

#### Time for Bed by Mem Fox

This little book with beautiful illustrations will be a joy for little ones to look at and listen to the peaceful verse just before bedtime.

#### Ring Yo? by Chris Raschka

Young readers or listeners get only one side of the conversation and have to use their imaginations to fill in the other side.

#### Runaway Bunny by Margaret Wise Brown

A little rabbit tells his mother how he will run away, but his mother is always right behind him.

#### Mouse Count by Ellen Stoll Walsh

A hungry snake wants to eat the ten little mice who end up outsmarting the snake. This is a good counting book.

## Spring Break Activities for Children

It is a good idea to schedule some activities for your children that will keep them on track for school. Here are some activities:

- Card games, board games, computer games especially educational ones
- Flashcard practice
- Reading books
- Watching educational shows on TV
- Drawing pictures and writing about it
- Reading magazines
- Going to the library
- Going to museums

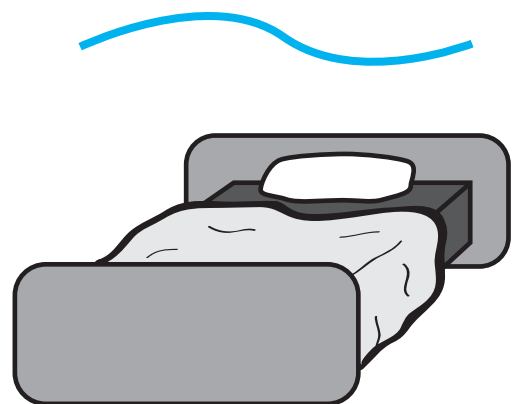
Children need some down time, but you don't want them to get bored when they could be doing something worthwhile.



## Establishing Healthy Habits

Teachers know that it makes a world of difference when students are physically ready to learn. It is very evident which students are getting too little sleep or are coming to school prepared to learn. Being well nourished and rested makes a big difference.

1. A nutritious breakfast can really help students to concentrate in school.
2. If your child doesn't like the school lunch for that day, pack a healthy lunch she will enjoy.
3. Let your child have a nutritious snack after school to help them get on track with their homework.- celery with peanut butter, carrot sticks, low fat popcorn, nuts, etc.
4. Children ages 5 to 12 need 10 to 11 hours of sleep per night. Kids who don't get enough sleep can be irritable or restless, have a short attention span, and are more impatient than usual.
5. Establish a nighttime routine that calms your child instead of stimulating him/her. Try reading a book instead of TV or video games right before bedtime.



## School Sick Days

Chances are out of the 180 days of the school year your child will be sick at some point. Work with the teacher to keep your child up to date on school assignments until he/she is well enough to do the work. Here are some tips for when your child is out sick.

- Call the school attendance line to notify them that your child will not be in school because of an illness.
- Be aware of your school's policy on absences. For example, your child may need a doctor's note for an absence of a certain length of time.
- Make plans for getting your child's assignments to keep them from falling behind. If your child is too sick to complete the work make plans to get the work when your child is well enough.
- Don't send a child back to school until their temperature has been normal for at least 24 hours.

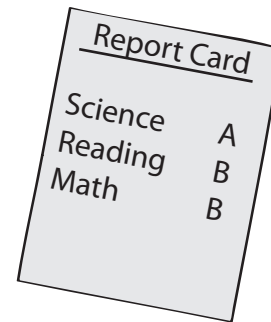


## Disappointing Grades

There are times when your child's report card doesn't meet your expectations. You feel that your child is capable of much more. You need to remain calm and talk to your child and the teacher.

You should look into any grade lower than a B, says Mona Melwani, author of *Just the Right Words: 201 Report Card Comments*. The teacher can help parents understand the reason the grade is what it is and what they and their child can do about it.

You should also talk to your child. Is he completing and turning in his homework assignments? Are your expectations reasonable? Create a plan together with your child to help improve the grade.



## Help Your Child in Math

- Visit your child's school and ask the teacher how you can help your child in math.
- Help your child see that math is a large part of everyday life from sport statistics, cost of food and clothes, discounts in percentages to the distance between two locations.
- Play games that will increase your child's mental math skills. There are many board games that involve patterns and probability.
- Having a positive attitude about math is a great motivator.

## Becoming Involved in Your Child's Education

The more adults become involved in their student's education, the greater chance that student will become successful. There are so many things we can do, such as:

- Play games as a family.
- Help your child to be organized.
- Read with your children and tell family stories.
- Limit their TV watching and have books and other reading materials in the home.
- Look up words in the dictionary with your children.
- Share favorite stories, poems and songs from your own childhood.
- Discuss the daily news with your children.
- Find a quiet place for your children to study and review their homework with them.
- Communicate with your children and be a positive role model in learning.

## Promoting Self Esteem and Good Behavior

1. Children will feel good if they are told that they are good.
2. Don't compare your children's actions to others, especially not to their siblings.
3. Focus on the good things they do, no matter how small. Eventually there will be more good than bad.

4. Some children use bad behavior to get attention. Ignore the bad, if you can and accentuate the good behavior.
5. Praise goes a long way in promoting good behavior.

Children who feel good about themselves are less likely to act out, or try to get attention in any way they can.



## Informational Books

Here are some good books for older elementary children.

**Everglades** by Jean Craighead George

**Thinking About Ants** by Barbara Brenner

**Honey Makers** by Gail Gibbons

**Baseball in the Barrios** by Henry Horenstein

**Minty: A Story of Young Harriet Tubman** by Alan Schroeder

**Creepy, Crawly Caterpillars** by Margery Facklam

**Redoute: The Man Who Painted Flowers** by Carolyn Croll