

Ways Parents Can Help Students Achieve Practical and Fun Things You Can Do At Home

- Establish routines for your child. Children thrive on orderliness. Keep a fairly regular schedule for meals, play, and work time. Set a regular bedtime. A child who is used to a routine at home can adapt to classroom rules more easily.
- Spend time everyday talking with your child about her interests, hobbies, and friends, Children learn language at home and spoken language gives children the foundation for better reading and writing. As children grow older they need daily conversations as a way to develop values, test ideas, and share their thoughts.
- Give your child responsibilities at home. Ex: Keeping his room clean, sharing responsibility for a pet, etc.
- Play games that reinforce language and math skills.
- Make sure you have plenty of reading materials available at home. Library visits can supply a constant supply of books.
- Read! Read! Read! to your child regularly and often. Studies show this is the single most important thing parents can do to help their children achieve. Encourage older children to read to their younger siblings.
- Decorate your child's room with large maps of your state, the U.S., or the world. This could help everyone in the family learn about geography.
- Set limits on how much television your child can watch.
- Limit video games. Make rules that say no TV or videos until homework is complete.
- Make homework a priority, set a quiet, neat and orderly homework environment.
- Start a parent-child book club.
- While your younger child is doing homework sit with her, even if you can't answer the homework questions be there to support his learning.
- Reward and praise your child's effort as well as her accomplishments.
- Display your child's schoolwork. Use the refrigerator or bulletin board. Let your child know how proud you are of what he accomplishes in school.
- Talk about school every day. Ask specific questions. For example: *what was the funniest thing that happened today? What was the hardest thing you did today, what new fact/idea did you learn today?*
- Count with your child. Kids love to count.
- Give your child plenty of chances to learn by doing. Let her try new things.
- Sing songs with your child. Children love the rhythm and rhyme of music.
- Make reading special. Plan an evening with reading and popcorn or a reading picnic.
- Use the newspaper. Use a weather map to learn geography. Choose a person of the week, cut their picture out and discuss it throughout the week.
- Help your child be proud of your family's ethnic heritage.
- Teach your child to celebrate diversity. Learn about other cultures from television programs, reading books and using the internet.
- Find time for one on one conversation with your child. Each week try to set aside special time. Write it on your calendar so your child looks forward to it.
- Be aware of your expectations. Parents who assume "*boys are naturally better at math or sports - and girls are better at reading*" may be limiting their child's future accomplishments.
- Exercise with your children. Make sure meals are nutritious.