



# Parents in the Know

## Back to School

### Many Ways to Offer Praise

You can never tell your child enough that you are proud of him. However, "Good job" gets boring after a while. Next time you are praising your child try:

- \* Wonderful \* Marvelous \* Amazing \* Splendid
- \* Awesome \* Fabulous \* Super \* Outstanding
- \* Distinguished \* Way to go \* I'm proud of you
- \* I knew you could do it \* Great \* Magnificent
- \* Spectacular \* Stellar \* Nice work \* Excellent
- \* You've really come a long way \* I knew you could do it \* Remarkable \* Bravo \* You made my day \* Perfect \* Exceptional work \* Extraordinary



### Getting To School on Time

Mornings can be stressful. Here are some things you can do to reduce the stress:

1. Have your children choose their clothes the night before.
2. Let your children know what is for breakfast instead of offering many options during the week. Weekends can be more relaxed and provide time for larger breakfast meals.
3. Pack backpacks the night before. Put backpacks, coats, and shoes by the door.
4. Establish a consistent morning and evening routine.
5. Be a good role model.

Based on: Robbin McClure, "Top 10 Morning Madness Tips for Getting Kids Up and Ready", About.com, <http://childcare.about.com/od/behaviors/tp/gettingkidsup.htm?p=1>

## Making Homework a Positive Experience

Choice helps your child feel more in control. Encourage your child to find a comfortable spot to work. Many children are motivated by having a special study area that is their "home office". Make sure that your child understands the directions before she begins. Review your child's homework when she is done to make sure that she was successful. Offer words of encouragement and praise. Focus on what your child is learning more than test scores. Provide help, but not homework answers for your child.

Based on: "Helping Your Child Get the Most Out of Homework", National Education Association, <https://nems.nea.org/parents/homework.html>

## Helping Your Child Succeed

There are many simple things you can do to help your child have a successful year.

- \* Help your child develop a homework schedule.
- \* Make sure that your child has all of the supplies that she needs to complete her homework.
- \* Take time to read to and with your child every day.
- \* Provide a quiet space for your child to work.
- \* Help make learning meaningful. Try to look for ways to apply skills your child is learning to your daily lives.
- \* Turn off the television and tune into discussion.
- \* Visit the library regularly.
- \* Make sure that your child is not overbooked with extracurricular activities.

Based on: Dr. Linda Albert, "The Busy Parent's Guide to Involvement in Education", National PTA, <http://www.pbs.org/weta/twoschools/getinvolved/empowering/busy.html>

## What Research Says



Parent involvement is essential to children's success throughout their education. Many parents feel as though their children don't need them to be involved as they age. Often parents report thinking that their older children should work on their own. However, research shows that this is not true. Your children need you to remain involved in their education from preschool to college. Therefore, make sure that you make time to work with your child at home each night. Instead of having homework time, have study time. This sets up a time for you to work with your child daily even when he or she doesn't have homework!

Based on: "Parent Involvement", Education Week, <http://www.edweek.org/rc/issues/parent-involvement/?print=1>

# Back to School

## Talking with Your Child About School

Sometimes it's hard to find out what your child is learning about in school. Try not to ask questions that can be answered with yes or no. Try some of the following:

- What was the most interesting thing you did today?
- Who did you sit with at lunch?
- What are you reading in school?
- What is something you did really well today?
- What are you hoping to learn this year?
- What did you do at recess?
- What kinds of things are you learning in . . . ?
- What happened on the bus today?
- What would you like to learn more about? Why?
- What's the hardest thing about school?



## Homework Help Online

### The Beehive

(<http://www.thebeehive.org/school/k-12-students/homework-help>) Homework support is provided across the curriculum for students in grades K-12.

### Fact Monster Homework Center

(<http://factmonster.com/homework/>): Offers a user friendly homework help site designed for children 14 and under. Geography, history, language arts, math, science, and social studies support is provided.

## Time Saving Tips



Sometimes it seems as though there aren't enough minutes in the day to get everything done. However, if you have to skip something today, make sure it is not spending quality time with your child.

**Stop, Look, and Listen:** When your child gets home from school, or you get home from work, make sure that talking to your child about his day is a priority.

**Start a Display:** Hang your child's work proudly somewhere in the house. This display shows you appreciate your child's accomplishments. School is a child's work. Everyone enjoys feeling that people appreciate their work!

## Books for Early Elementary

- Chrysanthemum, by Kevin Henkes
- There's a Zoo in Room 22, by Judy Sierra
- A Fine, Fine School, by Sharon Creech
- Ramona the Pest, by Beverly Cleary
- Wemberly Worried, by Kevin Henkes
- Miss Nelson is Missing, by James Marshall

## Books for Upper Elementary

- Harriet the Spy, by Louise Fitzhugh
- Wayside School is Falling Down, by Louis Sachar
- Moxy Maxwell Does Not Love Stuart
- Little, by Peggy Gifford
- Frindle, by Andrew Clements



*"Learning is a treasure that will follow its owner everywhere." ~Chinese Proverb*

## More Ways You Can Help

### Ways to Help at School

- \* Be a room parent
- \* Help in the library
- \* Be a field trip chaperone
- \* Join the PTA / PTO
- \* Attend school board meetings
- \* Provide tutoring
- \* Get to know the teacher
- \* Put up a bulletin board
- \* Read to or with students
- \* Ask how you can help



### Ways to Help from Home

- \* Talk with your child about school daily
- \* Be excited about learning
- \* Contact your child's teacher if he is having a problem
- \* Support school rules and routines
- \* Make sure your child gets enough sleep
- \* Provide breakfast every day
- \* Get your child to school on time
- \* Make sure that your child doesn't miss school other than for emergencies or illness

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