



# How to Help Your Kids

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- Have daily conversations with your kids about their school and their homework.
- Help kids set goals and create a plan of action to meet those goals, whether it is getting up in the morning on time or finishing homework in a timely way.
- Create a comfortable place in the house and a consistent routine where kids can do homework.
- Help kids prioritize homework by deadline and the amount of time it takes to complete.
- Communicate with your child's teacher. Use e-mail, notes or phone calls to stay in touch.
- Know your child's school. Ask administrators for up-to-date information about the school's academic standing, graduation rates and test scores. Read and know your school's handbook.
- Ask about school-linked social services, lunchtime programs, after-school activities that may benefit your child, and find information on family programs and resources.
- If possible, volunteer at your child's school or attend parent meetings.
- Set your expectations high, but make them realistic. Share expectations and set goals together.
- Monitor out-of-school activities. Set limits on TV and the Internet. Check up on kids if they're home alone after school, or arrange for supervised care.
- Give positive feedback and show appreciation for teacher and the principal.
- Approach interactions with a positive attitude and an open mind.
- Listen to other's viewpoints.
- Share your child's strengths, talents, and interests with your child's teachers.
- Make appointments as needed to discuss your child's progress or concerns.
- Attend parent-teacher conferences with specific questions you want to ask.
- Understand and reinforce school rules and expectations at home.
- Participate in informal opportunities to talk with and to get to know school staff and educators and their office hours.
- Address concerns or questions honestly, openly, and early on.
- Visit your school's web page and read classroom and/or school newsletters.
- Request that information be available in all relevant languages.
- Share your family's culture, values, and parenting practices with your child's school.
- Meet your child's friends and get to know their parents.
- Help establish a parent center at the school and use its resources.
- Assist in developing parent support programs/groups and attend them.
- Attend workshops or seminars on various parenting topics and participate in parenting classes on child development, expectations, discipline, etc.
- Build a child file with medical records, pictures, fingerprints, etc.
- Provide encouragement and approval for effort and schoolwork.

- Share your interest, hobbies, and talents with your children.
- Provide children with books, magazines, and so forth, and develop a nighttime reading routine.
- View selected TV programs together and then review and discuss them.
- Make family trips to the library, zoo, museum, or park a fun learning experience.
- Complete interactive homework assignments with your child.
- Respond to school surveys on your interests, talents, and skills.
- Assist your child's teacher in the classroom or on field trips when you are able.
- Help provide child care and/or transportation for volunteering parents.
- Voice your support or concerns on any issue that will affect your family.
- Be involved in decisions on student placement and course and textbook selections.
- Encourage and support older children in serving in student leadership positions.
- Help your school create a student's rights and responsibilities guide for families.
- Encourage and help facilitate your child's participation in community service.
- Be a role model—be active in community service yourself or together with your child.