

How Can You Help Your Child at Home?



Here is a list of things you can do to help your child succeed!

- Review your child's homework/school work on a regular basis.
- Read to your child and encourage him or her to read to you.
- Set a good example by letting your child see you read for fun.
- Encourage your child to participate in sports or other physical activity.
- Praise your child for any accomplishments.
- Create a quiet place for your child to study and do homework.
- Be available to help your child with his or her homework.
- Monitor your child's computer usage. Limit the amount of time in front of the computer playing games and/or watching videos. Limit the types of games or videos your child plays and watches on the computer.
- Monitor your child's TV time. You may want to set limits of no more than one hour a day. Limit the types of shows and movies your child watches.
- Monitor the types of video games your child plays, and how long he or she plays.
- Make sure your child receives a healthy, balanced diet, including breakfast each morning. For suggestions, contact your child's teacher or the school nurse.
- Make sure your child gets to bed early and receives at least 8 hours of sleep each night.
- Make sure your child is dressed appropriately for the weather.
- Notify the teacher of any health or emotional concerns.
- Keep your child home if he or she is not well.
- Consequence your child fairly and consistently.
- Establish a set of rules and routines for your child at home.
- Take your child to local museums, cultural events, and libraries.
- Participate in after-school activities, weekend workshops, or other local events.
- Get involved in your child's education by volunteering in his or her classroom and participating in school activities, if possible.

