

What Parents Can Do To Help

Get Involved in Your Child's Education

Decades of research show that when parents are involved students have:

- Higher grades, test scores, and graduation rates
- Better school attendance
- Increased motivation, better self-esteem
- Lower rates of suspension
- Decreased use of drugs and alcohol
- Fewer instances of violent behavior

What Can You Do At Home?

- 1. Establish a daily family routine.**
Providing a time and quiet place to study, assigning responsibility for household chores, being firm about bedtime and having dinner together.
- 2. Monitor out-of-school activities.**
Setting limits on TV watching, checking up on children when parents are not home, arranging for after-school activities and supervised care.
- 3. Model the value of learning, self-discipline, and hard work.**
Communicating through questioning and conversation, demonstrating that achievement comes from working hard.
- 4. Express high but realistic expectations for achievement.**
Setting goals and standards that are appropriate for children's age and maturity, recognizing and encouraging special talents, informing friends and family and successes.
- 5. Encourage children's development/progress in school.**
Maintaining a warm and supportive home, showing interest in children's progress at school, helping with homework, discussing the value of a good education and possible career options, staying in touch with teachers and school staff.
- 6. Encourage reading, writing, and discussions among family members.**
Reading, listening to children read and talking about what is being read.

TOP TEN TIPS

1. Read with your child everyday
2. Make a regular time and space for homework every day. Turn off the TV.
3. Know what your child is studying. Learn new things yourself.
4. Make sure your child gets enough sleep each night and eats a good breakfast before school.
5. Involve your family in community activities that expand on school learning.
6. Let your child know that you expect good work in school.
7. Establish a communication system with your child's teacher and use it frequently.
8. Check your child's homework, attendance and academic progress often.
9. Respond to all messages from school.
10. Attend school meetings, events, and parent-teacher conferences.