

## WAYS TO HELP AT HOME

All parents want the best for their children, and we often get asked, "How can I help at home?" So here are a few ways to support your student and reinforce the foundation that they need to be successful in school.

### GENERAL POINTS

- ❖ Check your child's planner EACH evening to keep up with behavior and homework.
- ❖ Help with homework right after school before other activities begin.
- ❖ Stay in touch with your child's teacher and stay up to date with school news and activities. Check the district and school website frequently.
- ❖ Encourage your child to play outside and engage in physical activities.
- ❖ Limit video game, computer, and TV time. (When it's rainy or cold, encourage educational games and websites.)
- ❖ Establish an evening routine and bedtime. Your child still needs at least 9 hours of sleep each night.
- ❖ Do your best to eat healthy, balanced meals and snack that include lots of fresh fruit, veggies and whole grains.
- ❖ Constantly look for ways to tell your children what you like about them and that you love them. There is no age limit for this.
- ❖ Help your children understand and take responsibility for the consequences of their choices. "I chose to do my homework and I made a good grade." " I chose to get up 15 minutes late and I was not able to eat breakfast."
- ❖ Help your children learn from problems, not be devastated by them. Share when something doesn't work out as they planned; successful people try to learn something from the experience.
- ❖ Be aware that your attitude about school affects your child. If you hated math, be careful not to influence your child in the same manner. If you have concerns please speak respectfully in front of your child. We invite you to speak to a staff member regarding any concerns you may have.

## **READING**

- ❖ Read nightly and on weekends with your child. Read to them and have them read to you. Any books will do as long as it's something they're interested in.
- ❖ Take family trips to the library or bookstore and encourage your child to pick a book they might not have picked otherwise. Be an example and check out some books for yourself.
- ❖ Encourage them to read to younger siblings or friends.  
Listen to books in the car.
- ❖ Discuss how the stories you've read relate and apply to your own life. Are they similar? Different?

## **MATH**

- ❖ Discuss prices while you shop. This helps reinforce money and decimal concepts, adding and subtracting, and overall quantitative reasoning skills.
- ❖ Practice multiplication facts in the car and around the house. Call them out and have your child answer and/or buy flashcards and allow them to practice with family members.
- ❖ Play with calculators.
- ❖ Have students create math problems at home for an extension activity of completed homework. The extra practice will solidify the learning concepts.

## **WRITING**

- ❖ Write, write, write - Letters, e-mails, journals, diaries, shopping lists, creative stories, etc.
- ❖ Writing every day in some way increases stamina and ability.
- ❖ Encourage correct spelling, grammar, punctuation, and formatting and point out the mistakes and allow students to correct it.
- ❖ Perfect their writing and if they desire, allow them to use the computer to make a final copy.

## **SCIENCE and SOCIAL STUDIES**

- ❖ Talk about current events, local and national news, community programs and special things about our state. (we study Texas history in 4<sup>th</sup> grade)
- ❖ Recycle and work on saving energy. Talk about conservation with your children to build awareness.

- ❖ Awareness of surroundings, the basics of how the world and community run and ways that you're involved will benefit a child's overall understanding.
- ❖ If you're involved in politics... or even if you are not... they are not too young to hear about it. Each child can benefit from knowing how our government and judicial systems work and how they can one day have a hand in it.