



## Success In School Starts At Home

# 10 Tips For School Success

### ① Show real interest in your child's schoolwork

This may sound obvious, but how many of you have looked at your child's homework while you talked on the phone, worked on the computer, or watched TV, then handed it back only to nod your head that it's OK. If the homework was done well then let the child know. Give some praise. If the homework is not done well then, work with the child making necessary corrections. After they make the corrections then give them praise. Give them a big hug telling them how smart they are. "You become what you believe you are".



### ② Make sure your child gets enough sleep

It's hard to learn and pay attention when you're tired. 3-6 year olds need between 10-12 hours of sleep in a 24hr. period.

### ③ Set a time for study and write it on the calendar

This can be a tough one because of changing schedules. Being flexible is important, but try to be as consistent as possible. Turn off the TV. Have the children sitting at the kitchen table doing homework as you make the family dinner. At the end of the week reward your child with a special movie or play date to the park if they did their homework without fighting.

### ④ Have a backpack/book bag and keep it in a specific place

You don't want to add one more stressor to your day by having to search for little Johnny's bag when you're already late for school.

### ⑤ As soon as homework is complete put into backpack

This is another tip that just makes your life calmer and easier. No yelling or fighting in the morning when you can't find schoolwork that needs to go back to school. When homework is finished, put it away. The same goes for all those notices that you have to sign and return to school.



### ⑥ Get your child to school on time

Being late to school not only adds more stress to your day it's also very distracting to others. It may also make your child embarrassed and uncomfortable in class. Your child will also miss valuable school time. Set an example for your child by getting them to school on time.

### ⑦ Help your child start school on solid ground by helping them learn the basics

You can give your child a head start by helping them learn the basics like ABC's, numbers, letter sounds, colors, before they enter kindergarten. Use flash cards, worksheets, songs, items around the house, and plain old sheets of paper to help your child learn.

### ⑧ "Brain Food" Provide a healthy lunch to take to school

Include protein, whole-grains, vegetables, fruit, and dairy. Go easy on the sweets. Cutting, peeling, and slicing fruits and vegetables make it quick and easy for children to eat them.

### ⑨ Add a surprise message inside your child's lunch box

Keep it simple. Don't fret if your child doesn't go on and on about their note, or even if they don't say anything at all. You put the note in the lunch box; they see it and they will feel loved. When they are adults they will remember those sweet little surprise notes.

### ⑩ Relax, take a deep breath, go for a walk, and enjoy your family