

Firm, Fair & Consistent®

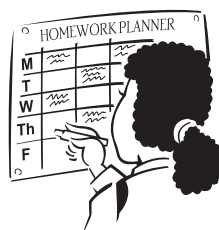
Guiding Students for School Success

Your School Name Here
Your Name and Title Here

'Schedule' a solution to your child's homework issues

Your child has been at school all day. Now she's home, and it's time for homework. What should you do if she resists? Give her more time to relax? Insist that she sit down and work? Think creatively. You might:

- **Help her make a schedule.** Talk with your child about ideas. Some kids want to finish homework right after school. Others need free time first. Whatever works best for your child, work together to make a schedule—and stick with it!
- **Pick an appealing study spot.** Any comfortable, non-distracting area will do. A simple place, such as the kitchen table, is just fine. But make sure key supplies are nearby.
- **Do some preparation.** To avoid interruptions, see if your child needs a snack or bathroom break before she gets started. Remember that your help may be needed, so make yourself available.
- **Offer guidance.** If your child is struggling with an assignment, help without doing work for her. Say things like, "Let's look at the sample problem together" or "Would it help to read the instructions again—or aloud?"
- **Know what to expect.** Sometimes homework is intimidating to kids because parents want to see perfection. Ask about the teacher's expectations and then help your child meet them.



Source: Pam Abrams, "Homework Hassles," Parents.com, www.parents.com/kids/education/homework/homework-hassles.

Form a parent-teacher discipline team

If your child acts up at school, let him face the music at home, too. Show him that you and his teacher are on the same team. For example, if he disrupts the class, the penalties shouldn't stop when he steps off the bus.

Try taking away TV time or tonight's dessert. He may just get the message: You take his misbehavior seriously—*wherever* it occurs!



Raise a 'stick-to-it' kid

If your child gets overly frustrated when she falls short at something, teach her to persevere! To build a can-do attitude in your child:

- **Help her set goals** that are reachable. Whether her goals revolve around grades or scoring goals, encourage her to start small.
- **Celebrate her effort.** She didn't get an A on the science test? Applaud how hard she studied anyway!
- **Set a good example.** She's watching, so don't let setbacks derail you, either.



Source: Marie Faust Evitt, "How to Teach Kids Perseverance and Goal-Setting," Parents.com, www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting.

You don't need complicated charts or lists of rules to influence your child's behavior. Just spend time with him! The more low-key moments you share, the more time you'll have to talk about your values and model proper behavior. Easy, free ways to spend time together include:

- **Taking** walks together.
- **Playing** catch.
- **Fixing** things around the house.
- **Shooting** baskets.



Let your youngster face consequences

Show your child that her actions have consequences!

If she doesn't pick her schoolwork up off the floor, let her experience:

- **A natural consequence.** The dog runs past and wrinkles her papers. That's a *natural* consequence.
- **A logical consequence.** If you spend time picking up her school things, she owes you time tidying other parts of the house. That's a *logical* consequence.



Questions & Answers?

Q: I'm having a horrible time getting my child to class! Whether it's a sudden headache or mystery cough, she always has a reason to stay home. What should I do?

A: Your child's school success hinges on good attendance, so it's vital that she get to class every day. If it's obvious her "illnesses" aren't really illnesses, you'll need to figure out why she wants to skip class so badly. To solve the puzzle:

- **Talk with her.** Listen for clues as she describes the school day. If she comments that "the kids are mean," it could be a sign she's being picked on. If she mentions that she's "too dumb" for school, it may mean she's overwhelmed by the workload.
- **Go to her teachers.** If there's a specific reason why your child is avoiding school, talk to her teachers about how to handle it. A problem like bullying is serious, but it can be remedied. Her teacher needs to know about it. And tutoring can ease the stress of a difficult class. Whatever you decide to do, tell your child about it. It will show her that, yes, you take her attendance that seriously.
- **Lay down the law.** If it turns out your child is avoiding school simply because she'd rather stay home and relax, it's time to get tough. Spell out your expectations—"You need to be in class every single day"—and enforce a consequence if she disobeys. Staying home may be less attractive if there's no TV or Internet to fill the hours.



Tame your tattletale

Not sure how to handle your little tattletale? Try these ideas:

- **Ignore her.** Some kids tattle to get attention or to get another child in trouble. Ignoring your tattler keeps her from getting the payoff she wants.
- **Boost her problem-solving skills.** Teach your child to handle small issues on her own. It may make her feel empowered.
- **Get involved if necessary.** Is your child tattling about another child's dangerous behavior? Then you must step in.

Source: June Portnoy, "Tattling Versus Telling," MetroKids, www.metrokids.com/august06/tattling0806.html.

Monitoring screen time gets results

It can be difficult to limit the time kids spend on TV, video games, instant messaging and going online.



But as a parent, you *should* set limits. Use these simple guidelines:

- **Allow only** one or two hours of viewing a day.
- **Keep the TV** and computer in a supervised location (not your child's room).
- **Set priorities**, including watching age-appropriate shows together and putting schoolwork first.

Source: Lisa Rosenthal, "Managing Your Child's Screen Time," GreatSchools, www.greatschools.net/cgi-bin/showarticle/650.

Help your child express himself with courtesy

As your child gets older, you may notice that he challenges you more often. It's natural for kids to seek independence by expressing their views, but unfortunately, they're not mature enough yet to put courtesy first. Outside influences, such as TV shows with sassy characters, don't make things any easier. To build your child's independence *and* courtesy:

- **Reduce stress.** If your child is worried about school or friendships, if he's disappointed or tired, it can show in his attitude. Be available to listen.
- **Stay focused.** Pick one behavior (such as eye rolling) to work on at a time.
- **Be firm.** Set guidelines and expectations for polite behaviors and follow through with consequences if needed.
- **Reward success.** Compliment good behavior.



Source: Margery Rosen, "Deal With Tweenage Attitude," MSN, <http://lifestyle.msn.com/your-life/family-parenting/articlesc.aspx?cp-documentid=8326709>.

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