

Ten Ways To Help Your Child

Do Well In School

1. **Show you care.** Ask your child about school each day. Your child needs hugs and words of support.
 2. **Make school important.** Insist on good attendance and punctuality.
 3. **Read, Read, Read.** Read to your child or have him or her read every day. Make it fun and talk about what you've read.
 4. **Build success.** Help raise your child's self-esteem by setting reachable goals and praising your child's efforts, not just the results.
 5. **Make home a place of learning.** Help your child practice reading, writing, math and science skills.
 6. **Get involved.** Meet with you child's teacher, attend school events and help out at school if you can.
 7. **Promote healthy habits.** Make sure your child gets plenty of sleep, exercise and eats balanced meals. Schedule regular checkups.
 8. **Create a study routine.** Set a time and quiet place for your child to work every day. Go over homework together.
 9. **Be a role model.** Your child learns from you. Be positive about education and show you enjoy learning.
 10. **Encourage independence.** Allow your child to make mistakes and learn to accept their consequences. Give your child responsibilities, such as household chores.
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