

## 101 Ways to help your child have a successful school year

# Barrow County Performance Learning Center

1. Talk positively about teachers, education and homework. **In general, and in regards to the PLC.**
2. Show interest in what your child is learning. **Ask, ask, ask!**
3. Ask questions about their school day. **Even if you anticipate the answers “I don’t know” or “Nothing.”**
4. Set an example by continuing to learn yourself. **Those who don’t flourish, wither.**
5. Let your child *teach* you. **Experience what it’s like to be the student, again.**
6. Help find ways to apply their learning to everyday life. **You need a reason to tell them, “That’s why you have to go to school.”**
7. Avoid comparing your child’s grades with others. **They’re as individual as you are!**
8. Develop realistic expectations. **Challenge them without setting them up to fail.**
9. Provide a quiet place for homework. **Placing the emphasis on what you deem as important.**
10. Set aside a regular study time. **Work before play...that’s life, isn’t it?!**
11. Go over your child’s work with them. **Just because they’re in high school doesn’t mean they know it all, right?**
12. Encourage them to read at home. **Magazine or newspaper subscription; whatever interests them.**
13. Set aside at least 15 minutes for yourself every day to read. **They should see you reading for pleasure or knowledge.**
14. When your child is reading, teach him/her to ask questions by asking *them* questions about what they’re reading. **Inspires inquisitive reading.**
15. Ask them to read a recipe to you and ask for their help in preparing the meal. **Knock out supper more quickly and enjoy some one-on-one time with your child in the process.**
16. Don’t make it easy to watch TV. **Set reasonable TV time limits.**
17. Develop a consistent and effective discipline plan. **It’s never too late to start.**
18. Support the school’s discipline plan. **Show your support of the administrators and their decisions.**
19. Help your child learn from his or her mistakes. **The lessons remembered are the lessons *learned*.**
20. Visit school often. **You’re always welcome at Barrow County PLC...stop by as a guest, parent volunteer or mentor.**
21. Get involved in the classroom. **No better way to say, “School is important,” than by taking part.**
22. Communicate with teachers. **Let your child know that you’re in the know!**
23. Tell the school what is going on at home. **What can we do to help your child?!**
24. Volunteer to help with special projects. **Our faculty/staff consider you a part of our school family ...let’s work together!**
25. Keep books in your home. **Reading is the window to the world!**
26. Visit the library – it’s free! **Encourage reading, spur curiosity; and do it together.**
27. Praise progress and good work. **A little compliment goes a long way.**
28. Encourage. **Support their dreams and aspirations.**
29. Listen. **Teach them to be good listeners by setting the example.**
30. Don’t criticize. **Chances are, they’ve already criticized themselves, anyway.**
31. Don’t expect perfection. **If we’re not perfect, how can we expect them to be?**
32. Learn to let the little things pass. **“Pick your battles wisely.”**
33. Don’t focus too much on grades. **Place more emphasis on attitude and knowledge gained.**
34. Focus on their efforts. **Employers want hard workers, not just those who just look busy.**
35. Ask your child’s opinion. **Everybody has one – make them feel valued.**
36. Let them do their own thinking. **As tempting as it may be, let them earn their own grades, not yours.**

37. Take family field trips. **Making memories doesn't take a lot of money or gas.**
38. Model the behavior you want your child to have. **The best teacher is an example.**
39. Have discussions with your child. **It makes them feel important and you'll gain a friend.**
40. Participate in PTO. **Be part of the decision-making process for school support.**
41. Come to parent/teacher conferences. **Teacher's Information + Parent's Interest = Successful Graduate.**
42. Take advantage of everyday opportunities to teach about the world. **Life lessons have the greatest impact.**
43. Talk about what is going on around you (news, weather, ideas). **It may not all be "good," but it is real.**
44. Point out interesting objects and facts. **Let your kids know what you find interesting.**
45. Treat your child as an individual. **Respect is mutual.**
46. Stimulate creativity at any age. **Art comes in many forms. What is yours?**
47. Feed healthy breakfasts. **Brain-food is necessary for a good start.**
48. Establish, if you haven't already, a routine bedtime and stick to it. **The whole family benefits.**
49. Encourage good attendance. **Good attendance is required at school and work.**
50. Cook and clean together. **This enforces math, reading skills and responsibility.**
51. Play games. **You're never too old for fun!**
52. Encourage healthy interaction with others. **Communication and cooperation is a necessary component of career success.**
53. Offer choices. **It builds self-confidence.**
54. Encourage them to collect something of interest (autographs, coins, etc.) **Goal-setting in action.**
55. Attend school board meetings. **An active voice is loudly heard.**
56. Get to know the principal, vice principal, counselor and other administrators at school. **Just like you, they care about your child.**
57. Show your child love. **Hugs know no age boundaries.**
58. Be patient. **And just maybe your child will develop some patience.**
59. Don't be afraid to ask for help from school staff. **That's what they're trained to do – HELP!**
60. Focus on success by listing 10 things your child does well. **Let them see their strengths in writing.**
61. Post the list on the wall where they can see it every day. **Repetition is positive reinforcement.**
62. Teach them not to procrastinate. **Rushed work is usually sloppy work and creates anxiousness.**
63. Help them set goals. **Future-planning is a great gift to give a child.**
64. For any task that your teen dreads, teach them the relief of completing assignments/duties timely and efficiently. **"Doesn't it feel good to have that out of the way? Want to catch a movie now?"**
65. Celebrate good behavior, good efforts. **Traditions can include ice cream cones or quality time.**
66. When they have a problem, teach him/her to brainstorm for solutions. **Always ask, "What are your choices and resulting consequences?" And make them think of more than one.**
67. Keep a bulletin/dry erase board for them to write down upcoming events in their room. **Organization is a life-long beneficial tool teens can develop.**
68. Help them see the progress they have made over the year. **Sit down to point out improvements in grades, extra-curricular activities, and sports. Don't forget to smile!**
69. Encourage participation in after-school activities or employment. **Help them get a jump-start on characteristic qualities developed in organized activities or jobs.**
70. Teach positive self-talk. "I can do it!" **Practice makes perfect. You try it, too!**
71. Catch them doing something right. **Call them on it! Tell them how proud they should be of themselves.**
72. Help teach how to break a large job into smaller achievable tasks. **Give a sense of accomplishment.**
73. Use a journal to motivate them to write. **Self-reflection promotes motivation.**
74. Give your child undivided attention (turn off the TV, don't answer the phone for 15 minutes every day). **Let them know that everything else can wait.**
75. Reward your children with time together. **Make your teen your best friend.**
76. Watch educational programming as a family. **GPB, Discovery Channel, History Channel.**
77. Display their work in your home. **Put completed projects on display for a little while.**
78. Help them collect awards, ribbons, and certificates in a scrapbook. **Document their successes.**
79. Set aside family time. **Reestablish family priorities.**

80. Go for a walk. **Take in nature's beauty while clearing your lungs and your head.**
81. Schedule regular check ups. **Preventative medicine is the key to good health.**
82. Teach good hygiene. **Healthy reminders instill good habits.**
83. If your child gets sick, keep him or her from school. **Rest speeds healing and limits exposure.**
84. Teach independence. **A sure esteem-builder is an "I can do it" attitude.**
85. Give them responsibilities in your home. **Teach them to share ownership of your home.**
86. Don't speak badly about your job, boss, or co-workers. **Negativity is contagious.**
87. Set priorities for yourself. **Demonstrate the importance of self-respect through priorities.**
88. Put your child at the top of your priority list. **Enough said.**
89. Don't beat yourself up if you go to bed with dirty dishes. **Let your children see your "human" side. They need to see that adults aren't perfect, either.**
90. Find ways to relieve your own stress. **Create a happy, stress-free home – starting with you.**
91. Start every day with a fresh attitude. **Each sunrise presents a new opportunity to start over.**
92. Tell your child you love her or him EVERY DAY! **They can never hear it enough!**
93. Give your child a hug every day. **Affection makes one feel their worth.**
94. Never quit learning. **"Learning is not compulsory. Neither is survival." –W.Edwards Deming**
95. Rely on friends, family, support groups, your church or other organizations for support. **There is strength in numbers.**
96. Remember you cannot do everything by yourself. **And neither can your children.**
97. Remember that the school staff are there to help, not hurt, you and your child. **We care.**
98. Teach safety rules. **Say it again, and again, and again...**
99. Look at a map together. **Explore the possibilities.**
100. Use time in the car to talk, review agendas, or sing together. **Silence doesn't get anything accomplished.**
101. Teach your child not to fear failure. It is a step towards success.  
**You don't drown by falling in the water; you drown by staying there. --Edwin Louis Cole**

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