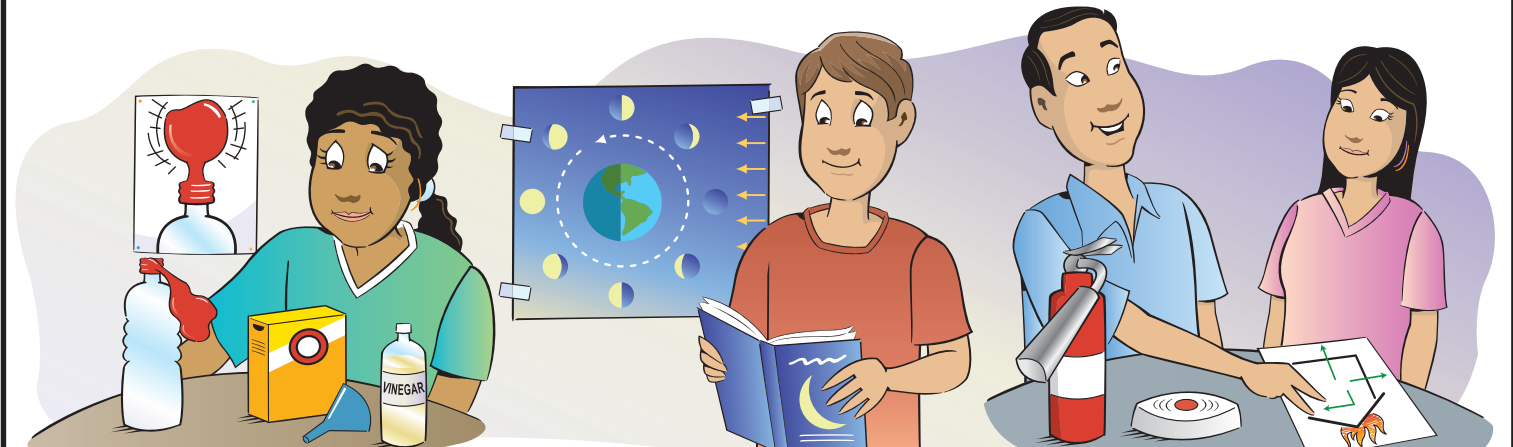


Daily Learning Planner

*Ideas parents can use to help students
do well in school.*

Hornell City School District



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Help your child set—and write down—goals for the coming year. Set some for yourself, as well.
- ☐ 2. Learn the symptoms of eating disorders. Never criticize your child's weight. Emphasize the need for proper nutrition.
- ☐ 3. Ask your child, "Is there anything you wish you understood?" Then research the topic together.
- ☐ 4. Cook a special breakfast for your child. Students need good nutrition to learn well in school.
- ☐ 5. Mention how education has helped you in your job and everyday life.
- ☐ 6. Develop a morning routine for your family. It makes getting ready easier.
- ☐ 7. Make a household rule as a family. Write it down, along with the consequence for breaking it.
- ☐ 8. If your child wants to talk when it's inconvenient, promise to talk later.
- ☐ 9. Call out words from a dictionary. Take turns guessing how to spell them.
- ☐ 10. Help your child open a savings account at a local bank. Discuss how much she should regularly set aside.
- ☐ 11. Give your child a study hint, such as doing the hardest homework first.
- ☐ 12. Adolescents can be too critical. Praise your child when he is kind.
- ☐ 13. Suggest a few activities that your child can do alone.
- ☐ 14. Help your child consider consequences before she makes a decision.
- ☐ 15. Ask your child what he likes most about his classes.
- ☐ 16. Take your child to a high school sporting event. Talk about her goals for high school.
- ☐ 17. Check out an astronomy book at the library. Together, learn some new facts about the planets.
- ☐ 18. Sort through family photos and put them in albums. Let your child write captions.
- ☐ 19. Read and talk about a poem with your child.
- ☐ 20. Teach your child to make to-do lists and check off tasks as they are completed. He'll be organized, and recognize his accomplishments.
- ☐ 21. Talk with your child about how rights come with responsibilities.
- ☐ 22. Ask your child about her hardest school subject. Together, brainstorm strategies to make it easier.
- ☐ 23. Help your child think of ways to say *no* to smoking.
- ☐ 24. See a movie with your child. Then share your "reviews."
- ☐ 25. Invent something with your child.
- ☐ 26. Ask your child to teach you something he is learning, such as a math skill.
- ☐ 27. Encourage your child to write a letter to a teacher or coach who has positively influenced her.
- ☐ 28. Let your child make choices about his wardrobe within reasonable limits.
- ☐ 29. Spend a few minutes thinking of things you are grateful to each other for. Then write each other thank you notes.
- ☐ 30. Remind your child that you will always love her, no matter what.
- ☐ 31. Make a family tree with your child.



Helping Students Learn
Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL