




Empowering Parents to Help Their Child Succeed at School:

Tips for Good Home Strategies

<p>Promote a Healthy Parenting Style</p>	<p>Promote good behavior by understanding your child's temperament</p>
 <p>Promote and Develop Good Parent/Child Relationships</p> <ul style="list-style-type: none">○ Be clear and consistent / be firm○ Establish boundaries○ Be respectful / honest○ Talk to your children○ Read to your child or tell them stories○ Praise child for accomplishments (encourage vs○ Allow your child to make choices (from ones you have predetermined)	<p>Promote Strong Family Bonding</p> <ul style="list-style-type: none">○ Set family rules/schedules/fun activities○ Eat as many family meals together as possible 
<p>Promote Healthy Eating Habits</p> <ul style="list-style-type: none">○ Encourage healthy foods/drinks 	<p>Promote Successful Study Habits</p>  <ul style="list-style-type: none">○ Allow children a quiet space for homework time○ Allow your child to do his or her own homework○ Teach your child to put his/her homework in the backpack

Promote Good Sleep Habits



- Establish a routine to prepare for bedtime (bath, brushing teeth, reading)
- Ensure that your child gets 10 to 12 hours of sleep

Promote Healthy Habits



- Encourage your child to play outside vs. watching TV or playing video games
- Go on walks with your child
- Encourage child to participate in school sports/activities
- Set the stage for the academic week on Sunday evenings

Promote Good Citizenship and Social Skills

- Try to think positively and encourage your child to do so
- Talk to your child
- Encourage your child to know the difference between disagreeing and arguing



Promote Strategies that will Allow for an Alert and Cooperative Child in the Morning

- Make sure your child is well rested
- Give your child a wake-up call or signal before you want him/her out of bed
- Make sure your child eats breakfast
- Remind your child that you love him/her

