



Helping Your Child Be Successful in School

School age children often spend more time with their teachers than with you. It is important that you, your children, and their teachers have a good working relationship. A good relationship will help your child do better in school as well as reduce stress at home.

Here are some ideas for building a relationship of trust with your child's teacher:

- ☒ **Be aware of difficulties.** If you learn about a problem, investigate it as soon as possible. Listen to both sides. (Many parents believe that the teacher is always right, and many parents believe that the child is always right). Keep an open mind.
- ☒ **Talk to your child about daily events** at school.
- ☒ **Be involved in homework.** Find out if your child's teacher regularly assigns homework.
- ☒ **Make sure your child has a quiet place to work.** After dinner, the kitchen table can be a good place to study.
- ☒ **Establish a routine at home.** Set up regular times to do homework, play, and go to bed.

If your child brings home a disappointing grade card:

- ☒ **Sit down together** and look over the card.
- ☒ **Praise your child:** find at least one good thing on the report card (effort, neatness, cooperativeness, etc).
- ☒ **Be calm.** Let your child tell you about his/her poor grades.
- ☒ **Ask how you can help** him/her do better.
- ☒ **Ask what he/she can do to do better.**
- ☒ **Make a plan** with your child's teacher and your child to do better.

www.preventchildabuse.org

Study How To Study

For some students, test-taking can be a painful ordeal. Learning how to study beforehand must be learned and mastered. The following tips may help your child relax and be able to concentrate on learning the material rather than fretting about the test:

- ◆ Make sure your child **knows what's expected.**
- ◆ Guide your child in **keeping up with the material** rather than trying to learn it all the night before the test.
- ◆ See if your child **understands the test material:** ask her/him to put it in her/his own words.



- ◆ Encourage your child to make **flash cards, outlines, and/or summary pages** of key study points.
- ◆ Make sure your child takes **good notes** in class.
- ◆ Make sure your child gets a **good night's rest and nutritious breakfast** before a test.
- ◆ Reward your child after a **good study session.**
- ◆ Teach your child **basic relaxation techniques** for when they feel stressed (e.g. deep breathing).



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Have your kids made new friends at school this year? Then you need to know those friends, too. The people they hang around with have a big influence on them. It makes sense when you consider the amount of time they spend they're together. Make sure they're a positive influence on your children. Get to know them: invite them to your home. Spend a minute talking with them on the phone when they call for your child. Volunteer to take your kids and their friends to a sporting event or the movies. You'll be glad you did.

Mark Merrill on www.FamilyFirst.net

Prayer for My Teacher

Dear God, thank you for my teacher. Help me tell her (him) how much I appreciate her (his) patience and ideas that helped me learn. Grant her (him) a safe and happy summer with the people she (he) loves. Amen.

