

# Parent Pointers

## Calendar

Brandon Pitcher  
Oakbrook Middle School



THE  
**PARENT**  
INSTITUTE®

## Parent Pointers

### Calendar

Middle School  
**Parents**  
*still make the difference!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Learn about the special events at school this year. Record them on your family calendar.	<b>2</b> Help your child decide how she'll organize her school notebooks and folders.	<b>3</b> Make plans to attend back-to-school night. Parent involvement is critical in middle school.	<b>4</b> Kids who take part in extracurricular activities do better in school than kids who don't. Help your child find an activity he likes.	<b>5</b> Have your child set specific goals for the school year. How will she reach them? Help her outline the steps she should take.	<b>6</b> Talk to your child about bullying. Students who are bullied and those who bully are both at risk for substance abuse.	<b>7</b> Get moving today! Go on a bike ride or a hike with your child.
<b>8</b> Suggest that your child clean out his backpack on Sundays. He'll start the week organized.	<b>9</b> Most schools send home important information at the beginning of the year. File it in a special place.	<b>10</b> Keeping track of assignments is especially important in middle school. Help your child make a homework notebook.	<b>11</b> Try to remember your life as a middle schooler. It can help you relate to your child.	<b>12</b> Help your child set priorities when doing homework. Which assignment is most important? Due first? Most difficult?	<b>13</b> Keep mobile devices out of your child's bedroom at night. Kids should be sleeping, not texting.	<b>14</b> Help your child bake cookies today. Review math skills by doubling the recipe.
<b>15</b> Don't pay your child for regular chores. Helping out should be every family member's responsibility.	<b>16</b> Notice and talk about the good qualities of your child's friends.	<b>17</b> Ask your child to guess which ingredients or vitamins are in a food. Then check the label.	<b>18</b> Encourage your child to review her class notes every day while the material is still fresh in her mind.	<b>19</b> Talk about the advertisements when you're watching TV with your child. How are they trying to persuade viewers?	<b>20</b> Plan a weekend family activity. Let your child invite one of his friends.	<b>21</b> Make library trips a regular part of your family schedule.
<b>22</b> Start having weekly family meetings. Talk about family news and goals. Celebrate successes.	<b>23</b> Help your child realize that she doesn't need to have the latest of everything, such as electronics, to be happy.	<b>24</b> Call out some words from the dictionary during dinner. See if family members can spell them.	<b>25</b> Ask your child to brainstorm ways your family could lower the electric or water bill.	<b>26</b> Be sure your child knows that your rules for him apply even when he's at a friend's house.	<b>27</b> Let your child help you make a family chore chart. Everyone can check off jobs as they are finished.	<b>28</b> Is your child getting enough exercise? Take a brisk walk together today.
<b>29</b> Choose a recipe with your child. Shop for ingredients, cook and enjoy the results together.	<b>30</b> When your child brings home a grade, focus first on what she learned, not on her grade.					

## September 2019