

Parent Pointers

Calendar

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Oakbrook Middle School



THE
PARENT
INSTITUTE®

Parent Pointers

Calendar

Middle School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2020			1 Teach your child the difference between <i>goals</i> and <i>dreams</i> . A goal is a dream with a deadline.	2 Talk to your child about something you learned recently.	3 Make a list of the best times you had with your child last year. Schedule time on the calendar to do them again this year.	4 Listen to a piece of music that has no lyrics. Have your child write her own words to the song.
5 Encourage healthy eating. Allow your child to choose some fruits and vegetables at the grocery store.	6 Talk with your child about how each of you could improve your listening skills.	7 Promote healthy risk-taking to boost confidence. Applaud your child when he tackles a new challenge.	8 Exercise your child's memory. What did she eat yesterday? Two days ago? Challenge each other.	9 Discuss an international news event with your child. How is it affecting your country?	10 Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.	11 Designate a place in your home for library books. Your child will always be able to find something to read.
12 Establish times when texting is not allowed, such as during mealtimes and while driving.	13 Have your child tell you about the assignments he has due this week.	14 Good report card? High grade on a test? Reward your child with a favorite meal or one-on-one time with you.	15 Encourage your child to find out when teachers are available to give extra help.	16 When you watch TV, ask your child questions: "Did that person make a good decision?" "What would you do?"	17 Respect your child's privacy. It boosts her self-confidence and sense of independence.	18 Bring up a sticky situation before it occurs. Ask what your child might do. Listen and ask questions.
19 Limit drinks with caffeine at night. They can deprive your child of needed sleep.	20 Is your child shy? Encourage him to seek out someone who looks ill at ease, smile and start up a conversation.	21 Kids often tell you as much through behavior as through words. "Listen" to your child's body language.	22 Before your child buys something, encourage her to compare prices and return policies.	23 Have your child quiz you on a homework assignment. Thinking up questions will help him learn.	24 Has it been a hard week at school for your child? Go out together for a snack after school.	25 Remind your child to surround herself with people of strong character.
26 Memorize something with your child today. Try a poem or a quotation.	27 It's the birthday of W.A. Mozart. Listen to some classical music with your child.	28 Teach your child to ask <i>who</i> , <i>what</i> , <i>when</i> , <i>where</i> , <i>why</i> and <i>how</i> when doing research.	29 Talk about one of your values. Parents' opinions do matter to kids.	30 Keep talking about school. Every day, ask your child what he's doing and thinking about.	31 Does your child have homework to do over the weekend? Make sure she schedules time to complete it.	