

Parents – Plan for School Success

Educators know that parents play the biggest role in helping a child achieve success in school. A parent can help a child improve grades by *just showing concern*. Learning basic skills gives a child a sense of self-reliance and independence.

Every day, parents have countless opportunities to teach and reinforce life skills. These *basic skills* will help your child go to school prepared for the day ahead.

- 1. Organize.** Teach your child to organize his school and non-school items and activities.
 - List everything he needs to take to school. *Check this list nightly.* It will eliminate a frantic search in the morning.
 - Pack a backpack before going to bed. Set it by the door.
 - Use a chart or assignment book to track homework. *Check this book daily.*
 - Designate a place to do homework. Have homework supplies readily available.
 - Record all school and non-school events on a calendar. Review often.

- 2. Prioritize.** Teach your child how to rank certain tasks in order of importance.

- List all school and non-school activities. Include tests and special projects.
- Together, discuss and label these activities in order of importance – 1, 2, 3, 4.

- 3. Time Management.** This skill becomes more important as your child progresses in school.

- Stick to nightly study time. Limit distractions. No TV, phone calls or social media.
- Make a timeline and gradually prepare for tests and special projects. Avoid a last-minute rush with a heavy workload.
- Build quiet time and social time into your child's schedule.

Routines reduce stress and allow kids to feel safe. A school day brings daily changes and is often unpredictable. A familiar

routine can help your child regain a sense of control that is often lost at school.

- Set a regular bedtime that allows your child to get plenty of sleep. Find an activity that promotes relaxation and time spent with your child. Read a book. Tell a story. Say prayers.
- Enforce a morning routine for school days. Include specific times for waking, breakfast and leaving for school.
- Plan for daily study or reading time. Stick to that plan.

Success in school starts at home. Be patient. Be positive. Help your child find success.



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1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
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