

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December						
		1 Does your family have special rituals? Ask your teen to help develop at least one new tradition.	2 Your <i>presence</i> says more than your <i>presents</i> . Whatever your teen's interest, make time to be there.	3 Don't try to do everything yourself. Ask your teen to take the responsibility for one or two holiday traditions.	4 Talk about how you and your teen could do something for others this holiday season. Set aside time to do it.	5 If your teen is out with friends, greet her at the door with a cup of cocoa. It's a great way to share some time.
6 Tonight, read aloud together instead of watching TV.	7 Encourage your teen to read the newspaper every day this week. Today, choose a page one story and discuss it.	8 Does your newspaper have an "online" edition? Check it out. Your teen may prefer this version.	9 Have your teen write a letter to the editor on a subject that interests him.	10 Ask to read your teen's high school newspaper. Talk about the issues that are important at his school.	11 Choose a letter from an advice column. Read it aloud. Then ask everyone to take a turn being the columnist.	12 Do chores together. Rake leaves, shovel snow or paint bookshelves. It helps teens learn life skills.
13 Read the employment section of the paper. Have your teen circle jobs of interest.	14 Visit the library. Check out a book of crafts—many teens want to give gifts, but have limited resources.	15 Big test today? Make sure your teen is in school. This is part of the responsibility of preparing for adult life.	16 Reviewing material within 10 minutes, within 48 hours and within seven days will improve your teen's retention.	17 Be aware that teenage holiday parties often involve alcohol. Call the host's parents before you say it's okay to go.	18 Don't let your teen attend unchaperoned parties, even if "everyone is doing it."	19 Take your teen out for breakfast.
20 Make time to go shopping with your teen—just to look. You may both learn things about each other.	21 Can't find a book? Help your teen think about favorite movies for a clue to the kind of book she'd enjoy.	22 When your teen overreacts, it's important for you not to. Set a time to talk later when you both are in control.	23 Interrupt study with a stretch break every 15 minutes. Frequent stretches help teens study more productively.	24 One night during the holiday, make your teen a breakfast treat to let him know you love him.	25 Tuck an IOU for time spent together in among your child's gifts.	26 Enjoy some physical activity together as a family.
27 Teenage girls use computers less often than boys. Encourage your daughter to spend time on a computer.	28 If your teen gives a party, make it a point to be present. Walk through the party at least once, offering food or drink.	29 Watch the TV news together. Have an atlas close at hand to look up the places mentioned.	30 Teach your teen, "A Goal is a Dream With a Deadline."	31 Help your teen set long- and short-term goals for 2010.	2009	

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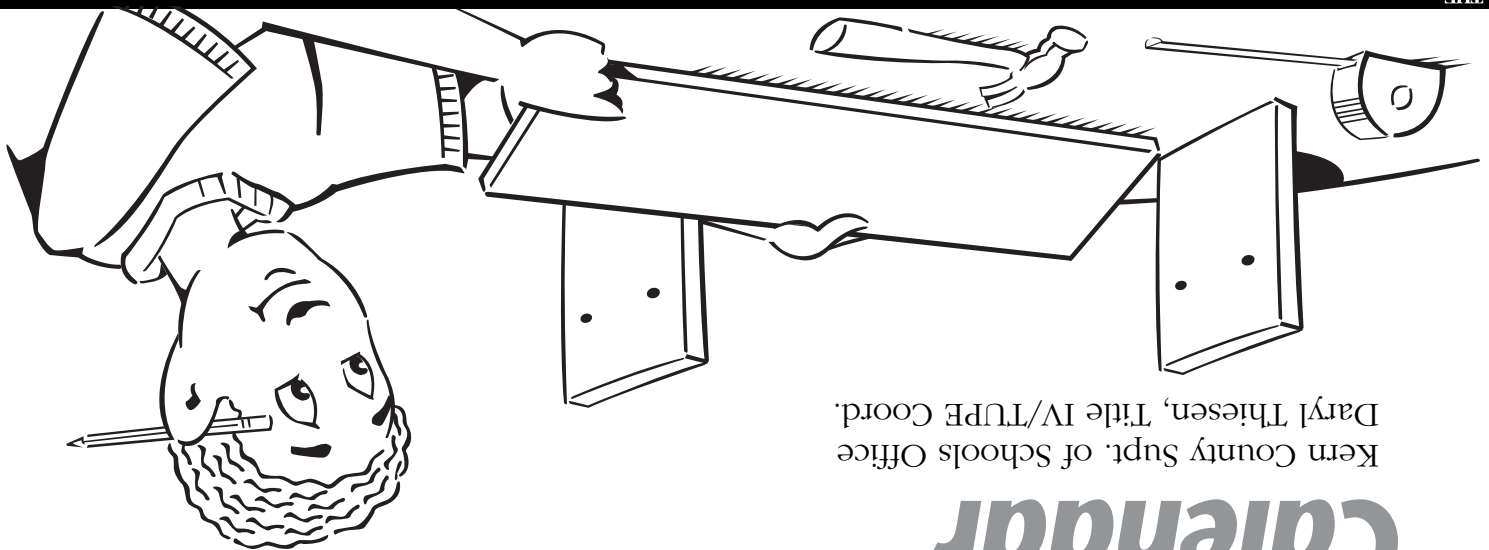
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January 2010					1 Make a list of the fun family things you did in 2009. Schedule them on your 2010 calendar now.	2 Start a family journal for 2010. Record family highlights and special accomplishments.
3 Call the family of one of your teen's friends. Make plans to do something together.	4 Visit the library with your teen. Look for books about a career that interests him.	5 Seeing is believing. Post statements of your teen's goals where he can see them.	6 Is your teen thinking about a part-time job? More than 20 hours a week and grades start to suffer.	7 On this day in 1782, the first commercial bank was founded. Can your teen balance a checking account?	8 Have you met and talked with all your teen's teachers? It's not too late to schedule a conference.	9 Go to the library or a bookstore. Look through magazines your teen enjoys. Choose one to take home.
10 Volunteer to host your teen's team/church/club dinner. You will realize how typical she is for her age!	11 It's National Clean Off Your Desk Day. Help your teen get organized. Find a box to store papers.	12 For a difficult course, or before a big test, encourage your teen to form a study group.	13 Have your teen write off for college catalogues. Look through them, discuss impressions and questions.	14 Index cards are a great way to learn vocabulary words in a foreign language.	15 It's National Soup Month. Make soup with your teen.	16 Walk or drive through your community. Where is tobacco advertised? Does your teen see it? Discuss.
17 Have a "Family Night In." Turn off the phone. Watch a video or play a game together.	18 Celebrate Martin Luther King's life. Talk about what your family can do to work for the goals he outlined.	19 Set aside time for fun. Write silly notes to each other and hide them in coat pockets, gym shoes or lunch bags.	20 Many colleges have websites. Encourage your teen to make some electronic college visits.	21 Tell your teen about your day—in as much detail as you'd like to hear about his day.	22 Encourage your teen to keep a file of volunteer and other work experiences. Include job descriptions.	23 Teens need to learn from experience. Whether it's a speeding ticket or a low grade, let your teen learn the lesson.
24 Ask your teen to tell you about his favorite class	25 At the library, have your teen read a newspaper you don't subscribe to. Talk about the opinions voiced.	26 Check to see how your teen is doing at mid-year. There's still time to get help if grades are slipping.	27 Learn about your teen's music or slang—but don't adopt these yourself. Teens want parents to be grownups.	28 Listen to your teen's point of view. Say, "You might be right. I need to think that over and get back to you."	29 Teens need privacy. It's normal for them to want to spend lots of time in their rooms with the door closed.	30 Take your teen out for breakfast. Talk about your teen's goals for the next five years.
31 Spend time with your teen today.						

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Kern County Supr. of Schools Office
Daryl Thiesen, Title IV/TUPE Coord.

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	1 Make a list of things your teen loves. Choose two or three and do them this month.	2 If your teen fails at something, find at least one thing she can learn from the experience.	3 Tucked into a pocket or a backpack, index cards can help your teen grab a few extra study minutes.	4 Emphasize the importance of regular school attendance. It's important in every job.	5 When you talk with your teen, who does most of the talking? After 30 seconds, stop and wait for him to respond.	6 Find out whether your teen's school offers a college test preparation course. Encourage your teen to sign up.
7 Teach your teen how to sew on a button.	8 Visit the library. Have your teen check out a book about African American history.	9 Have your teen teach you how to program your DVR or use the Internet. He'll be building his self-esteem.	10 Post a favorite quote on the mirror your teen uses. Look for inspirational quotes that will motivate your teen.	11 Mail your teen a Valentine so it will arrive in the mail for her tomorrow.	12 Make sure your teen knows Internet safety rules. Never give out personal information, never meet in person.	13 Help your teen learn how to "force" bulbs so they'll bloom indoors. Enjoy an early spring.
14 Serve your teen's favorite dinner today "just because I love you."	15 When valentines go on sale, buy several to send to your teen throughout the year. Teens love getting mail.	16 Each day, 3,000 teens start smoking. One in three will die prematurely from a smoking-related illness.	17 Is your teen facing a problem at school? Help him brainstorm on how he could solve it—without your help.	18 Start a family savings plan for a special goal. Plan the goal together and talk about how all will contribute.	19 Compliment your teen on something about his appearance today.	20 Enjoy a long walk with your teen. Talk about one long-term goal. How can you work together to achieve it?
21 Teach your teen how to change a tire or use tools to make a simple repair.	22 Visit the library. Look for a biography on a person your teen admires.	23 Is your teen choosing courses for next year? A "B" in a tougher course is better than an "A" in an easy course.	24 Dig out a favorite children's book and read it together. You may find there are still lessons to be learned.	25 Listen to music with your teen. Take turns choosing the artists. You may both expand your musical horizons.	26 If your teen is reading a classic for English, see if there's a movie version. Watch it together and compare.	27 Girls who participate in sports have higher self-esteem and higher college entrance scores than those who don't.

28 Plan a "grownup" day out with your teen. Visit a museum together, then have coffee or tea.

February 2010