

# Parent Pointers

Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December</b>						
		<b>1</b> Teach your child about empathy. Help her think about how others feel.	<b>2</b> Suggest that your child write a descriptive story. Have her include lots of details.	<b>3</b> Have each family member think of two nice things to do for others today. Later, share what you did.	<b>4</b> Make sure your child has plenty of writing supplies for stories, notes and letters.	<b>5</b> Make popcorn and watch a movie with your child. Afterward, talk about the movie.
<b>6</b> Ask bookstores to notify you of book signings. Take your child when the book topic interests her.	<b>7</b> Before your child buys something, encourage her to compare prices and return policies.	<b>8</b> Give your child a test-taking tip: Answer everything you know first, then go back to difficult questions.	<b>9</b> Keep nutritious foods handy at home, such as sliced vegetables and fresh fruit.	<b>10</b> Use math-related terms in conversation, such as <i>parallel</i> and <i>intersect</i> .	<b>11</b> Don't let your child watch TV while studying, no matter how much he wants to.	<b>12</b> Peer pressure can be positive. Encourage group activities like sports and volunteering.
<b>13</b> Suggest that your child write a letter to a relative, author, lawmaker or celebrity.	<b>14</b> Make a weekly TV schedule with your child. This reduces wasted time in front of the set.	<b>15</b> Ask your child to take photos during holiday events. This may build her interest in participating.	<b>16</b> Talk with your child about her report card. Ask what went into getting each grade.	<b>17</b> As your child becomes more responsible, switch from a weekly to a monthly allowance.	<b>18</b> Is your child's favorite TV show on during homework time? Have him record it and watch it later.	<b>19</b> Take advantage of time in the car with your child. You can talk privately without interruption.
<b>20</b> Look through the classifieds with your child. Which jobs seem interesting? Why?	<b>21</b> Encourage your child to read a biography, such as one about Helen Keller.	<b>22</b> Talk about ways to handle negative peer pressure, such as standing up for yourself or using humor.	<b>23</b> Give the gift of time to your child. Time with parents is more important to kids than material things.	<b>24</b> As your daughter matures physically, remember that it's normal and healthy for her to gain weight.	<b>25</b> Taking practice tests can improve grades. Encourage your child to use this study method.	<b>26</b> Talk about TV ads with your child. What sales techniques do they use?
<b>27</b> When arguing with your child, focus more on solutions than blame.	<b>28</b> Do everyday things with your child, such as washing dishes, to gain more time together.	<b>29</b> Help your child open a bank account. Explain how to keep track of withdrawals and deposits.	<b>30</b> Talk about people you admire who have shown integrity. What did they do?	<b>31</b> Make individual and family resolutions for the new year. How will you reach your goals?	<b>2009</b>	

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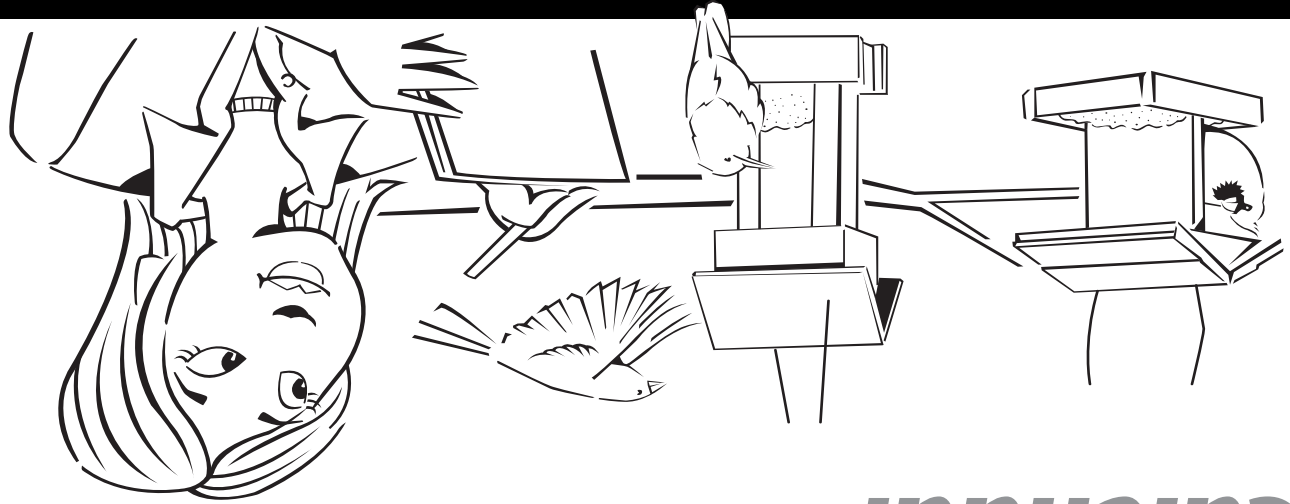
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<b>January 2010</b>					<b>1</b> Call a relative to say "Happy new year!" Let your child have a turn on the phone.	<b>2</b> Use a family calendar to keep track of schedules. Encourage everyone to check it often.
<b>3</b> Tell your child about your expectations. If you expect her to succeed, she probably will.	<b>4</b> Limit interruptions during your child's homework time. Snack breaks are okay, though.	<b>5</b> Attendance at school is important. Let your child stay home only when it's really necessary.	<b>6</b> Before leaving school, your child should double-check his backpack for needed items.	<b>7</b> Discourage TV viewing by putting the TV in an inconvenient spot.	<b>8</b> Notice your child's interests and encourage her to find books on these topics.	<b>9</b> Give your child a "do-it-yourself" gift. For example, a model plane or book of kids' recipes.
<b>10</b> Teach your child, "If you fail to plan, you plan to fail." Planning ahead is a key to success.	<b>11</b> Your child can alphabetize hard-to-spell words in an address book, then look them up when needed.	<b>12</b> Next time your child dawdles, start a race. Say, "Try to finish by the time I count to 30."	<b>13</b> If your family can't eat dinner together every day, try meeting for breakfast.	<b>14</b> Before your child gives a speech, teach her to make eye contact with listeners.	<b>15</b> Encourage your child to break large tasks into small parts. This makes projects easier to finish.	<b>16</b> It's helpful to know your child's friends. Make your home "kid-friendly," so kids will hang out there.
<b>17</b> Practice your child's favorite sport with her. Playing sports can improve kids' self-esteem.	<b>18</b> 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.	<b>19</b> Record the end of a TV program. Guess with your child what will happen before you watch it.	<b>20</b> Redoing kids' chores can hurt their self-esteem. Instead, give tips for improvement.	<b>21</b> Choose a special place for displaying your child's work.	<b>22</b> Ask your child if she'd like a pen pal. Your librarian can help her find one.	<b>23</b> When studying history, acting out past events can bring lessons alive.
<b>24</b> Spend time with your child.	<b>25</b> Encourage your child when she faces challenges. Say, "Go for it!" or, "You can do it!"	<b>26</b> Limit drinks with caffeine at night. They can deprive your child of needed sleep.	<b>27</b> Ask your child, "What assignments do you have today?"	<b>28</b> Cut out a magazine or newspaper article your child might enjoy. Share it with her.	<b>29</b> Point out an example of prejudice. Talk about ways to deal with intolerance.	<b>30</b> Review what your child should do in an emergency, such as a fire.
<b>31</b> Take your child to a museum.						

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

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Middle School

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	<b>1</b> Does your child dawdle during homework time? Have him set a timer while working.	<b>2</b> Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.	<b>3</b> Teachers say a child's room is a bad place for a TV.	<b>4</b> Give your child chances to write. Have him make a grocery list or take a message, for example.	<b>5</b> If you and your child hear a word you don't recognize, look it up in the dictionary.	<b>6</b> Buy a calendar for your child. She can use it to keep track of homework, holidays, chores, etc.
<b>7</b> Look at pictures in magazines or newspapers with your child. Guess what the captions say.	<b>8</b> Start having weekly family meetings. Talk about family news, goals and successes.	<b>9</b> Help your child see the good in others. Focus more on people's strengths than their weaknesses.	<b>10</b> Tell your child a family story. Try to think of one that teaches a lesson.	<b>11</b> Some middleers are embarrassed by affection in public. But they still like hugs at home!	<b>12</b> Help your child organize something, such as her room, backpack or schedule.	<b>13</b> Decorate part of your home with a map. Refer to it when talking about states or countries.
<b>14</b> Write a note to your child that says how much you love her.	<b>15</b> Listening to Mozart softly can help with studying. Ask your child if she'd like to try it.	<b>16</b> Share an interesting fact with your child. For example, the moon takes 27.322 days to orbit the Earth.	<b>17</b> When your child tells you something important, repeat it to make sure you understood.	<b>18</b> Try a new recipe with your child. This helps her practice following directions.	<b>19</b> When your child loses items, have her pay to replace them. She'll learn to be more careful.	<b>20</b> Is your child trying to make friends? Teach her conversation starters, such as, "I like your ..."
<b>21</b> Play a game that builds math skills, such as cards, dominoes or chess.	<b>22</b> Link responsibilities to freedom. As your child becomes more responsible, he'll have more freedom.	<b>23</b> Monitor your child's academic progress. Talk about school and get to know his teachers.	<b>24</b> Would your child like to play a musical instrument? Encourage her interest.	<b>25</b> Spend a few minutes talking with your child at bedtime. This is a relaxing time for conversation.	<b>26</b> Buy your child an alarm clock. Make getting up each morning her responsibility.	<b>27</b> Encourage healthy eating. Allow your child to choose any fruit or vegetable at the grocery store.
<b>28</b> Let your child overhear you say something good about him to someone else.	<h1>February 2010</h1>					