

# Parent Pointers

Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Most college applications are due next month. Make sure your senior isn't putting things off.	<b>2</b> Visit the library with your teen. Check out a book about holiday traditions. Choose one to try.	<b>3</b> Look for a newspaper or magazine article that might interest your teen. Leave the article out for her.	<b>4</b> Write your teen a short note and place it where he'll find it at bedtime.	<b>5</b> Is your teen reading a tough novel for English class? Look for a study guide to help her.	<b>6</b> Look in the want ads to see what jobs are available. How can your teen prepare for a good job?
<b>7</b> Talk with your teen about ways he can handle peer pressure. Role-play some situations with him.	<b>8</b> Advise your teen that the best way to prepare for college entrance tests is to turn off the TV and read every day.	<b>9</b> If your teen is saving for a special purchase, a picture of it in her wallet may help her avoid impulse spending.	<b>10</b> While riding in the car, ask your teen, "Is there anything you'd like to talk about?" Then listen.	<b>11</b> Make flash cards with your teen. They are a great way to study vocabulary words.	<b>12</b> Look for win/win solutions when you can. The best decisions work for both you and your teen.	<b>13</b> Send a greeting card to someone you haven't seen in a while. Have everyone in the family sign it.
<b>14</b> Many new movies come out during the holidays. Make plans to attend one with your teen.	<b>15</b> Most teens have some long-term assignments. Help your teen break them down into smaller steps.	<b>16</b> Try to have an entire conversation with your teen all in rhyme.	<b>17</b> Teens remember more from two 20-minute study sessions than from one 40-minute session.	<b>18</b> Teens often tell you as much through behavior as through words. "Listen" to your teen's body language.	<b>19</b> Ask to see your teen's homework. Talk about how what he is learning will help him in everyday life.	<b>20</b> Negotiate chores with your teen when possible. She can clean the garage today or tomorrow.
<b>21</b> Take a walk with your teen and look at the stars together. Use this time to talk with your teen.	<b>22</b> Bring up a sticky situation before it occurs. Rehearse how your teen might handle it.	<b>23</b> Encourage your teen to write a letter to a teacher or coach who has positively influenced him.	<b>24</b> Cook dinner with your teen. Try to think about ways to reduce the fat in something you're cooking.	<b>25</b> Give your teen the best gift—an IOU for time spent together.	<b>26</b> Invite your teen's friends to spend time at your house. You'll get to know them and your own teen better.	<b>27</b> Even if it's "off-season" for your athlete, encourage her to keep in shape all year.
<b>28</b> When your teen is making a decision, help him see the good and bad side of all available choices.	<b>29</b> Challenge everyone to learn—and use—three new words a day. That's over 1,000 words a year!	<b>30</b> With privileges come responsibilities. Teens who don't meet responsibilities lose privileges.	<b>31</b> Don't let your teen attend unchaperoned parties, even if "everyone is doing it."	<h1>December 2008</h1>		

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<h1>January 2009</h1>				<b>1</b> This month, look for a time you can attend one of your teen's activities.	<b>2</b> It's a fact: 40 percent of teens try unsafe methods to lose weight. Encourage your teen to eat nutritious meals.	<b>3</b> Start a family savings plan for a special goal. Talk about how each family member can contribute.
<b>4</b> Look at your own calendar. Can you get to the school at least once this month to help?	<b>5</b> If your teen has a part-time job, expect him to save money for college or post-school training.	<b>6</b> New drivers are easily distracted. Limit the number of friends who can ride in the car for a while.	<b>7</b> When you communicate with your teen, try to listen more than you talk.	<b>8</b> Have your teen's homework habits slipped a bit? Help him get back to a daily study time.	<b>9</b> When your teen brings home a grade, focus first on what she learned, not on her grade.	<b>10</b> Bake a batch of cookies together. Take some to a neighbor who might appreciate some company.
<b>11</b> Honesty is a value that is "caught, not taught." If you expect honesty from your teen, model it yourself.	<b>12</b> If your teen is confused in a class, make sure he asks the teacher for help right away.	<b>13</b> Check to see how your teen is doing at mid-year. There's still time to get help if grades are slipping.	<b>14</b> For teens who take too many risks, talk about the difference between courage and carelessness.	<b>15</b> Teens, like adults, feel pressured for time. Talk about how to set priorities and balance her time.	<b>16</b> Give your teen this important message: Not everyone is sexually active.	<b>17</b> Take your teen out for breakfast, or prepare a favorite breakfast at home.
<b>18</b> Visit the library. Ask the librarian for a list of books teens are reading. Encourage your teen to try one.	<b>19</b> It's a fact: The average age when people say they first tried alcohol is 12.8 years.	<b>20</b> Not all teens want to go to college. Explore other options—for example trade school or the military.	<b>21</b> If your teen is a "couch potato," help him find some physical activity he enjoys.	<b>22</b> Visit the library with your teen. Look for a magazine specializing in one of your teen's interests.	<b>23</b> Discuss with your teen what things you both could do to conserve energy and natural resources.	<b>24</b> Be sure your teen knows that your rules apply when she's at a friend's house, not just at home.
<b>25</b> Have a "Family Night In." Pop some popcorn. Curl up with a book, a video or a game.	<b>26</b> Urge your teen to take notes in every class. Teachers usually indicate what will be on the test.	<b>27</b> Advise your teen to study for several days before big tests. Teens will remember more than if they "cram."	<b>28</b> Check with a counselor. Is your teen on track to graduate? If not, what needs to happen?	<b>29</b> Watch your teen's favorite TV show with him. Talk about the show's values. Do you agree with them?	<b>30</b> If your child is an athlete, leave coaching to the coach. Sideline coaching will embarrass your teen.	<b>31</b> Try spending an entire day without modern technology. What can your family do instead?

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<b>1</b> Start posting an inspirational quote where your teen will see it. Replace it often.	<b>2</b> Parenting a teen is tough. Carve out some time to take care of yourself.	<b>3</b> This month, try to eliminate pessimistic phrases. Replace "It won't work" with "Why not try it?"	<b>4</b> Visit the library. Check out a biography of a person your teen admires.	<b>5</b> On a day when there's no homework, teens can use study time to review.	<b>6</b> When your teen sets a goal, have her say it aloud. This helps her believe she can do it.	<b>7</b> It's a fact: The typical teen will see 100,000 beer commercials before reaching age 18.
<b>8</b> Tell your teen about something you did in high school that you would do differently now.	<b>9</b> Mail your teen a Valentine so it will arrive by the 14th.	<b>10</b> If your teen didn't make the team or the school play, help him make a plan for what he'll do next time.	<b>11</b> Call the family of one of your teen's friends. Make plans for both families to do something together.	<b>12</b> If your child is a perfectionist, consider limiting the number of times she can redo an assignment.	<b>13</b> Exercise gives teens the energy to stay awake so they can study. Exercisers sleep better, too.	<b>14</b> Make a special point of telling your teen how much you love him.
<b>15</b> Buy a few Valentines when they go on sale. Send them to your teen throughout the year.	<b>16</b> Watch a travel program with your teen. Talk about a place you'd like to visit.	<b>17</b> Look for a TV program about a controversial issue. Use it as a springboard for discussion.	<b>18</b> Give your teen the responsibility for making her own doctor or dentist appointments.	<b>19</b> Make sure your teen—and any passengers—wear a safety belt every time they're in the car.	<b>20</b> Many colleges have websites. Encourage your teen to make some electronic college visits.	<b>21</b> To encourage saving, you might match your teen's savings with an equal contribution.
<b>22</b> Criticism can be a self-fulfilling prophecy. Give positive messages whenever you can.	<b>23</b> Explain to your teen that earning a "B" in a tough class is better than earning an "A" in an easy one.	<b>24</b> It's a fact: Teens say that getting good grades in school is their number one worry.	<b>25</b> Good report card? High grade on a test? Find a way to celebrate—a special meal, a fun outing.	<b>26</b> The night before a big test, have your teen take five minutes to get organized for morning.	<b>27</b> Teens who don't feel included may turn to cults. Help your teen find a place to fit in.	<b>28</b> Take a walk with your teen. Talk about how you can work together to achieve one of his goals.

February 2009