

# Parent Pointers

## Calendar



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|--|---|---|
|   | <b>1</b> The Montgomery Bus Boycott began on this day in 1955. Learn about it with your child.                               | <b>2</b> Give your child this challenge: How many nights can she go without TV?              | <b>3</b> Ask your child to guess which ingredients or vitamins are in a food. Then have him check the label. | <b>4</b> Make a commitment not to let holiday plans hurt your child's study routine.             | <b>5</b> Suggest that your child write some of the family's holiday cards this year.                                  | <b>6</b> Brainstorm with your family about something, such as how to assign chores fairly.                  |
| <b>7</b> Ask your child to explain a homework assignment to you. This helps her build skills. | <b>8</b> Suggest your child give some of his time during the holidays. Look for volunteering activities you can do together. | <b>9</b> Go to the library with your child. Research a topic that interests both of you.     | <b>10</b> Ask your child to be in charge of a holiday task, such as taking photos.                           | <b>11</b> Talk to your child about people she admires. Discuss the reasons why she admires them. | <b>12</b> Learn about sign language. Can your family use it to communicate?   | <b>13</b> Have a fun "opposite day." Eat breakfast for dinner or say the reverse of what you mean.          |
| <b>14</b> Have each family member prepare one part of a meal, then eat together.              | <b>15</b> Ask your child how school is going. Is there a subject he would like to improve in?                                | <b>16</b> It's the Boston Tea Party anniversary. Teach your child about this historic event. | <b>17</b> While at the library, see who can find the most interesting tidbit of information.                 | <b>18</b> Watch the news with your child. Ask what she thinks about an important issue.          | <b>19</b> Talk about the importance of responsibility. What if everyone were irresponsible?                           | <b>20</b> If your child goes shopping with you, have him try to figure the tax on your total.               |
| <b>21</b> Ask your child to list some of her values. How does she use them in everyday life?  | <b>22</b> Have your child call or visit the local tourism office. Is there somewhere he'd like to visit?                     | <b>23</b> Teach your child a helpful saying. For example, "Thirty days hath September ..."   | <b>24</b> Do a secret good deed with your child. The fun will be in giving, not getting thanks.              | <b>25</b> Give your child a plant. Let her be responsible for its care.                          | <b>26</b> Turn off the TV for an entire day. Plan other activities, such as reading, cooking or playing a board game. | <b>27</b> Take your child out for breakfast or cook a special meal at home. Focus on being a good listener. |
| <b>28</b> Hang a chalkboard in your home. It's a fun place to practice math problems.         | <b>29</b> Suggest that your child start a scrapbook of successful school assignments.  | <b>30</b> Making a rule for your child? Remember to be firm, fair and consistent.            | <b>31</b> Check on your child's goals for the school year. Is he making progress?                            | <h1>December 2008</h1>   |   |   |

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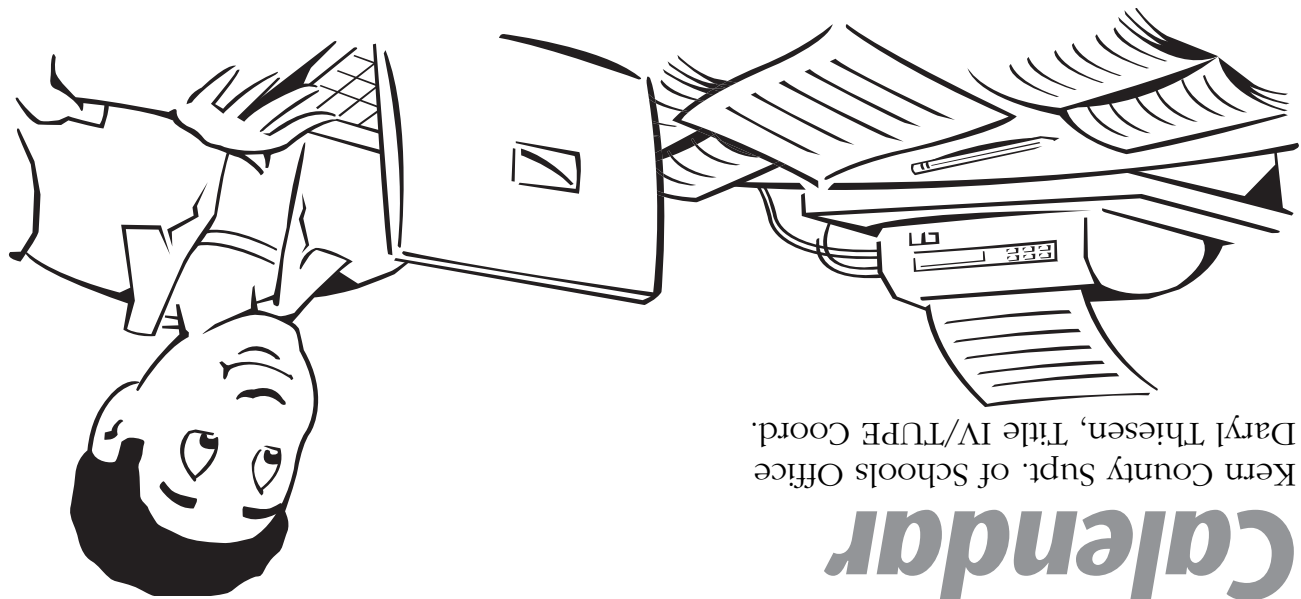
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|--|--|---|---|---|---|--|
| <h1>January 2009</h1>  |  |   |   | <b>1</b> Have your child make a step-by-step plan to reach a New Year's goal.                                     | <b>2</b> Learn the symptoms of eating disorders, and never criticize your child's looks.          | <b>3</b> Teach your child to make to-do lists and check off finished tasks.  |
| <b>4</b> Mention how education has helped you in your job and everyday life.                           | <b>5</b> Consider setting a minimum study time. This can prevent rushing through homework. | <b>6</b> Develop a morning routine for your family. Life may become easier for everyone.      | <b>7</b> With your child, make a graph of family characteristics, such as hair color or bedtimes. | <b>8</b> If your child wants to talk at an inconvenient moment, promise to talk later.                            | <b>9</b> Tell your child a story about a positive way you resolved a conflict.                    | <b>10</b> Help your child open a savings account at a local bank. Discuss how much she should regularly set aside. |
| <b>11</b> Scan the classified ads for jobs with your child. Which educational requirements are common? | <b>12</b> Adolescents can be too critical. Praise your child when he is kind to others.    | <b>13</b> Help your child make a savings plan for a special purchase.                         | <b>14</b> Help your child consider consequences before she makes a decision.                      | <b>15</b> Have fun making up silly, friendly nicknames, such as "Hilarious Hannah."                               | <b>16</b> Take your child to a high school sporting event. Talk about his goals for high school.  | <b>17</b> Compare food labels at the grocery store. Find the healthiest brands and best values.                    |
| <b>18</b> Sort through photos and put them in albums. Let your child write captions.                   | <b>19</b> Show your child her baby book. Talk about how special she was—and still is.      | <b>20</b> Look for opportunities to compromise with your child (without risking his safety).  | <b>21</b> Take turns making statements with your child. Identify each one as fact or opinion.     | <b>22</b> Cook a special breakfast for your child. Good nutrition can improve grades.                             | <b>23</b> Learn a new word at breakfast. Challenge family members to use it three times that day. | <b>24</b> See a movie with your child. Then share your "reviews."  |
| <b>25</b> Hand your child her favorite section of the paper, even if it's the comics.                  | <b>26</b> Ask your child to teach you something, such as a computer skill.                 | <b>27</b> Discuss ways to handle stress, such as talking, exercising or writing in a journal. | <b>28</b> Let your child make choices about his wardrobe within reasonable limits.                | <b>29</b> Encourage your child to write a letter to the editor of a local newspaper on a topic that concerns her. | <b>30</b> Remind your child that you will always love him, no matter what.                        | <b>31</b> Make up rules for a new game with your child. Then play it together. Refine the rules if necessary.      |

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

Calendar

Parent Pointers

Middle School

Parent Pointers  
Calendar



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| <b>1</b> This is Black History Month. Talk with your child about heroic African Americans.            | <b>2</b> Consider signing your child up for a computer class or activity.             | <b>3</b> Promote independent thinking. Ask your child, "What do you think?"                        | <b>4</b> Make plans to attend a school event. See if your child can suggest one.      | <b>5</b> Encourage interest in after-school activities. They can prevent misbehavior.                                  | <b>6</b> When kids argue, help them focus on solutions rather than blame.             | <b>7</b> Encourage your child's interest in a hobby. Ask her to teach you about it.                                  |
| <b>8</b> Limit TV viewing to fewer than 10 hours a week. Your child's grades may go up.               | <b>9</b> Review your child's schedule. Is he too busy for homework and family time?   | <b>10</b> Ask your child about school rules. See if a list is available to keep at home.           | <b>11</b> Ask, "What do you wish we did differently at home?" Be open to suggestions. | <b>12</b> Talk about stereotypes with your child. Discuss why they're unfair.  | <b>13</b> Praise your child when she studies hard. This encourages her to keep it up. | <b>14</b> Find three ways to show your child how much you love him.  |
| <b>15</b> It's Susan B. Anthony's birthday. Together, read up on her achievements in an encyclopedia. | <b>16</b> Have your child name one of her role models. Ask her to explain her choice. | <b>17</b> Think of a word, such as <i>bearty</i> . See who can find it at the grocery store first. | <b>18</b> Tell your child that you believe in his ability to succeed.                 | <b>19</b> Take a map in the car or on a walk with you. Show your child where you are headed and let her help navigate. | <b>20</b> When your child visits a friend's home, require adult supervision.          | <b>21</b> Drugs can be deadly the first time kids use them. Talk with your child and give him the facts about drugs. |
| <b>22</b> Discuss the qualities that good friends have. Is your child happy with her friends?         | <b>23</b> Let your child daydream. This builds imagination and coping skills.         | <b>24</b> Have family members guess how long a task will take. Check the answer with a timer.      | <b>25</b> Learn about the dangers of inhalant abuse. Talk about them with your child. | <b>26</b> Does your child study well with others? If so, let him start a study group.                                  | <b>27</b> Surprise your child with a new book about one of her hobbies.               | <b>28</b> Make chores more fun by playing music. Everyone can sing while working.                                    |

February 2009