

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Try not to get mad at your teen when her friends are around. If possible, keep cool until you're alone.	2 This month, set aside time to work on a project or hobby together. Write it on the calendar.	3 When your teen rebels, try to make the punishment fit the crime. Ideally, it should teach, too.	4 Ask your teen to talk about which class she feels she does best in and why.	5 If your teen runs out of money, don't always bail him out—let him do without sometimes.	6 Has it been a hard week? Take your teen out for a snack after school.	7 Buy or make a simple kite and find a place to fly it. You'll get exercise and have fun.
8 Seeing is believing. Write down and post statements of your teen's goals ("I want to get on the honor roll").	9 One of your toughest jobs as a parent is to put your teen's best interest ahead of her happiness.	10 Little bits of time add up. Help your teen think about things he can study in 10 minutes.	11 Keep two magazines in the car. When you're stuck waiting, you and your teen can both read.	12 Talk with your teen about a tough choice you had to make. Then talk about the consequences.	13 Plan a "Family Night In." Turn off the phone. Read, play games or watch a video.	14 Today, spend some time just "hanging out." No agenda, no chores. Just be together.
15 As the weather improves, set a fitness goal of 30 minutes of exercise daily.	16 Have your teen research how and when she can register to vote.	17 It isn't too early to make summer plans. Have your teen think about what he wants to do.	18 Suggest that your teen use a timer when studying for a test. Many short reviews are better than one long review.	19 Teens who can't sit still long enough to read a book may enjoy an audio book.	20 It's a fact: Four million teens will be treated for sexually transmitted diseases each year.	21 Take your teen out for breakfast or prepare a special breakfast at home together.
22 Visit the library with your teen. Check out a book about nutrition.	23 Help your teen set up a filing system for colleges that interest her. Start as early as ninth grade.	24 Ask to read your teen's school paper. Talk to him about the issues that are important at his school.	25 Does your newspaper have an "online" edition? Check it out. Teens may prefer this version.	26 Ask your teen's opinion of an idea or problem you have. Really listen to her answer.	27 Teens know their shortcomings. They need you to remind them of their strengths.	28 This weekend, set aside time for your teen to teach you something.
29 If your teen is studying a foreign language, use the Internet to find publications.	30 Use natural consequences when you can. If your teen doesn't set his alarm, he'll miss the bus. But not next time.	31 Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.	<h1>March 2009</h1>			

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<h1>April 2009</h1>			1 Talk with your teen about what makes someone a hero. Look for real-life heroes in the news.	2 Keep talking about school. Every day, ask your teen what she's doing and thinking about.	3 It's a fact: Tobacco is a "gateway drug." Teen smokers often move on to try other drugs.	4 Enjoy some physical activity together as a family.
5 Spring is a good time for 11 th graders to make college visits. Plan one college visit this spring.	6 Help your teen make a "to-do" list. Organization is a stepping stone to independence.	7 When studying, suggest that your teen use two colors of highlighters—one for main ideas; one for details.	8 Encourage your teen to practice writing by writing and sending a relative a letter in the mail.	9 Teens need privacy. It's normal for them to want to close the doors to their rooms.	10 Have your child think up a new product and brainstorm an ad campaign for it.	11 Before your teen applies for a job, help him practice filling out an application.
12 Let your teen know that the things that make her unique also make her precious to you.	13 All teens experience losses. Help your teen find a way to turn loss into a positive experience.	14 What does your teen love to do? That's a good basis for choosing a career.	15 Visit the library with your teen. Check out a book that will make you laugh.	16 Nervous before tests? A pep talk can help: "You know it. You studied hard. You can do it."	17 Give your teen some details about what you did today at work.	18 If your teen wants a summer job, he should start applying now.
19 Teach your teen how to cook a new meal today. Have a special dinner.	20 Teens who want to take summer school classes should check into schedules now.	21 Visit the library with your teen. Check out a nature book your teen finds interesting.	22 Celebrate Earth Day by planting a tree or a flower with your teenager.	23 Teach your teen that sports are for fun. Winning shouldn't always be the goal.	24 Does your teen know how to swim? If not, sign her up for lessons this summer.	25 Improve your powers of observation. Describe a person you just passed on the street.
26 Help your teen see that exercise is a great way to handle stress. Shoot some hoops or walk together.	27 Help your teen think ahead with "what if" questions. "What if the person who drove you to the party were drunk?"	28 In some places, high schoolers can take college courses. Find out if your teen can.	29 Notice—and talk about—some good things about your teen's friends.	30 Visit the library with your teen. Look for a new book by a favorite author.		

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

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May 2009					1 Encourage your teen to read aloud to a younger cousin or neighborhood child.	2 Visit a news stand with your teen. Look for a magazine he might enjoy. Buy it.
3 Make a list of activities your teen loves to do. Choose two or three and do them together this month.	4 Approval from parents is as important to teens as approval from their peers.	5 Post the schedule for your teen's final exams. Be sure your teen sets aside time to study in advance.	6 If your teen is facing a painful situation, try to offer support without giving advice.	7 Can your teen write a poem that conveys a message in very few words? Have her try it!	8 If you sense a power struggle coming on, back off but don't back down.	9 Your teen can find plenty of friends, but only you can be her parent.
10 When your teen is making a big decision, talk about it in the context of your faith or values.	11 Visit the library together. Check out something new. If your teen usually reads thrillers, try science fiction.	12 Is your teen hopping mad about an issue? Have him write to a public official.	13 Encourage your teen to consider taking a challenging course in summer school when there's time to focus.	14 Have your teen do some Internet research about some fun activities she might take part in this summer.	15 Graduation is often a time when teens engage in binge drinking. Help plan alcohol-free graduation parties.	16 Planning a move this summer? See if your teen can spend a day visiting the new school.
17 Set an example of community involvement. Join a club or group that can use your help.	18 Dig out a favorite children's book and read it together. There are still lessons to be learned.	19 All teens need keyboarding (typing) skills. See if there is a summer school course your teen can take.	20 Big test coming up? List possible questions (and study the answers). It's a good way to review.	21 Plan a special way to celebrate the end of the school year.	22 Think your teen doesn't drink? Half of all teens do. Let your teen know your family's views.	23 When your teen goes out, know where he's going, who he's with and when he'll be home.
24 Ask each family member to tell a joke during dinner.	25 Talk about books or music with your teen	26 Think about how good it feels to have someone praise your work. Give your teen this gift.	27 Help your teen see that she can't control others, but she can control how she reacts to others.	28 Watch the news. Talk about a story that interests you both. How could you get involved?	29 List five things you'd like to do as a family this summer. Plan how to accomplish them.	30 Talk with your teen about what makes a good friendship.
31 Read a book as a family.						