

Parent Pointers

Calendar

Middle School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Help your child start a homework routine. She should pick a regular time and place to study.	2 Give your child a genuine compliment. Make it specific, such as, "You have pretty handwriting."	3 Help your child sort through things he's saved. Encourage him to make a scrapbook of his favorite items.	4 Notice whether your child is completing her chores. If she is, reward her with praise.	5 Help your child set goals for the school year. What would make him proud of himself?
6 Suggest that your child clean out her backpack on Sundays. She'll start the week organized.	7 Give your child a journal or diary. Remember that it's for his eyes only.	8 Post a list of your child's chores and when they should be done. They'll be easier to remember.	9 Look over your child's homework. Compliment effort and offer helpful advice.	10 As a family, create a routine that will make mornings run smoothly for everyone.	11 Give your child a new responsibility. Praise him for being mature enough to handle it.	12 Allow your child to rearrange her room. Show respect for her choices.
13 Mark your child's height on the wall in pencil. Wait a year and measure again.	14 Have family members take photos of each other. Who can make the funniest face?	15 Put a picture of your child in a prominent place. This says, "You're important to me!"	16 Suggest that your child write a family newsletter. She can mail it to relatives.	17 Take your child out to breakfast before school. Make this a once-a-month treat.	18 Let your child make a decision, such as what to have for dinner.	19 Plan a family activity for this weekend. Ask your child what he'd like to do.
20 Teach your child a new skill, or let her teach you one.	21 A timer can help your child limit telephone conversations.	22 Talk about the importance of volunteering. Choose a family volunteer activity.	23 It's the first day of fall! Go for a walk with your child and look for seasonal changes.	24 Play a game with your child—charades, cards, a board game—whatever he'd like.	25 Put an encouraging note in your child's lunch. For example, "Good luck on your test!"	26 Subscribe to a magazine your child would enjoy.
27 Encourage your child to collect something, such as stamps, baseball cards or books.	28 Keep a map or globe visible in your home. Your child will learn by seeing it regularly.	29 Start a "lesson of the day" journal. Have family members write down something they learn each day.	30 Suggest that your child organize an activity for younger siblings, such as a scavenger hunt.	<h1>September 2009</h1>		

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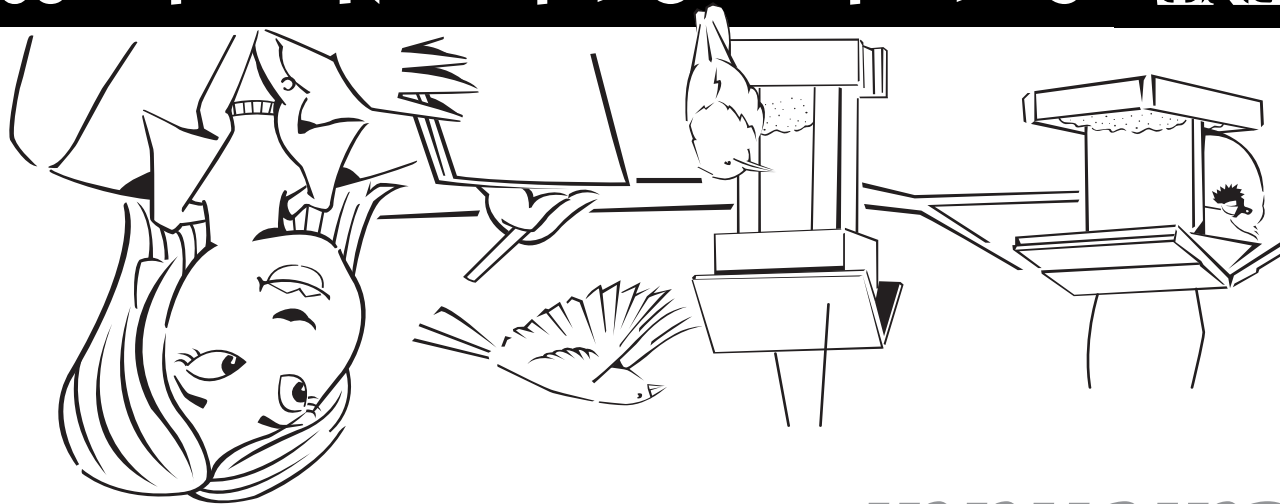
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<h1>October 2009</h1>				1 Start giving your child an allowance if you haven't already. Discuss how it will be spent.	2 Learn about special events at your child's school. Make plans to attend at least one.	3 Take a compass with you in the car. Let your child keep track of which direction you're going.
4 Discuss the importance of laws with your child. What if there were none? What if they were ignored?	5 Mention how something you studied in school has helped you at work.	6 Encourage your child to study a foreign language. This can help with college admission.	7 Discuss a controversial issue with your child. Ask, "What do you think?"	8 Role play a difficult situation with your child. For example, what if he were offered alcohol?	9 Plan a weekend family activity. Let your child invite a friend.	10 Do something active with your child, such as walk, jog or ride bikes.
11 Start a project with your child, such as repairing or fixing something.	12 It's Columbus Day. Learn something new about Columbus' voyages.	13 Encourage your child to participate in school computer classes or activities.	14 Tell your child at least twice a day that you love her. Before and after school are good times.	15 Before your middle schooler attends a party, make sure it will be supervised.	16 Visit the library with your child. Check out books to read over the weekend.	17 Does your child hate to lose? Tell her that effort is more important than winning.
18 Ask your child who his role models are and why. You may learn something new about him.	19 Learn the warning signs for suicide. Teens usually exhibit them before a suicide attempt.	20 Have your child solve silly math problems, such as "How many hours until your birthday?"	21 Notice how long a car trip took. How many miles were driven? What was your average speed?	22 Help your child resist smoking. Mention its negative effects, such as bad breath and stained teeth.	23 Think of synonyms for words with your child. For example, a synonym for 'talk' is 'speak.'	24 Spend the afternoon making fall decorations. See how creative you and your child can be.
25 Daylight savings ends today. Spend an extra hour with your child.	26 Getting kids to talk can be hard. It helps to ask them specific questions.	27 Think about the rules you have for your child. Are they appropriate for his age?	28 Do you compliment more than you criticize? Compliments should outweigh criticisms three to one.	29 Ask your child about something she's reading. What is it about? What are the characters like?	30 Let your child make a video or audio tape of herself. Save it and play it back in the future.	31 Ask your child, "If you could be someone else for a day, who would you be? Why?"

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

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1 Teach your child about alliteration (using words that start with the same sound). Example: Talk to Tom.	2 Have you met your child's teachers? If not, set up an appointment soon.	3 Middle schoolers like to make a difference. Help your child think of ways to help others.	4 Remember that children learn from our actions more than our words. Focus on setting a good example.	5 Help your child learn from a mistake. Ask, "What would you do differently next time?"	6 Teach your child something new about manners. For example, how to take a detailed phone message.	7 Say "I love you" in a new way. For example, do a surprise favor for your child.
8 Read the Sunday paper with your child. Talk about articles that are interesting.	9 Boredom can lead to drug and alcohol abuse. Help your child develop hobbies and interests.	10 Turn off the TV for the day. With your preteen, use books, games, talking and exercise as entertainment.	11 It's Veterans Day. Talk with your child about a war you remember.	12 Have you discussed sex, drugs and other tough topics with your child? Make plans to do this.	13 Before allowing your child to see a movie, read reviews of it or see it yourself.	14 Listen to your child's favorite radio station. Ask him to point out his favorite songs.
15 Meet the parents of your child's friends. Work as a team to keep your kids out of trouble.	16 Have your child keep her backpack by the door. This prevents frantic searches in the morning.	17 Notice things that cause your child stress. Help her find ways to deal with them.	18 Suggest that your child use her allowance for three things: spending, saving and charity.	19 Does your child use the Internet? Tell her not to reveal personal information online.	20 What is your child's favorite thing to do? Make plans to do it together.	21 Say something nice to your child, such as, "I'm happy to see you!"
22 Make a new rule: Family members must be home for dinner. Eating together brings families closer.	23 Next time your child misbehaves, use a consequence that teaches rather than punishes.	24 Most middle schoolers do at least 45 minutes of homework a night. Is your child doing enough?	25 Help your child think of ways to say "no" to drugs, such as, "I need to stay healthy for sports."	26 At the dinner table, have each family member share something they're thankful for.	27 Let your child see you reading often. This teaches that reading is important and fun.	28 Think of something you admire about your child. Share this with her.
29 Ask your child's opinion about something. For example, "Which outfit looks best on me?"	30 Middle schoolers understand some sophisticated jokes. Try using puns and wordplay with your child.	<h1>November 2009</h1>				