

Daily Learning Planner

*Ideas families can use to help students
do well in school*



THE
PARENT
INSTITUTE®

September • October • November 2025

September 2025

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Give your child a calendar to use to keep track of assignment due dates, activities and school events.
- ☐ 2. Help your child decide how to organize notebooks and folders to make finding handouts, schoolwork and tests easier.
- ☐ 3. School attendance is important. Let your child stay home only in cases of illness or emergency.
- ☐ 4. Help your child find an extracurricular activity at school. Participating increases students' feelings of belonging.
- ☐ 5. Ask who your child sees as role models, and why.
- ☐ 6. Start a file to keep important information the school sends home.
- ☐ 7. Establish a schoolbag clean out time on Sundays. Your child will start the week organized.
- ☐ 8. Tell your child, "I care more that you *do* your best than that you *be* the best."
- ☐ 9. Help your child set a school-related goal. Write down the steps your student will take to reach it and post the plan in a visible spot.
- ☐ 10. Share an article, comic or meme you think your child will enjoy.
- ☐ 11. Talk with your middle schooler about a time when your values helped you make a decision.
- ☐ 12. Help your child set priorities when doing schoolwork. Which assignment is most important? Due first? Most difficult?
- ☐ 13. Enjoy a fitness activity with your child today.
- ☐ 14. Bake cookies together. Review math skills by doubling the recipe.
- ☐ 15. Ask your child to tell you about one of this year's teachers.
- ☐ 16. Notice and talk about the positive qualities of your child's friends.
- ☐ 17. Set a minimum study time for your child on weeknights. This can prevent rushing through assignments.
- ☐ 18. Encourage your child to review class notes every day while the material is still fresh in mind.
- ☐ 19. Plan a weekend family activity. Let your child invite a friend.
- ☐ 20. Is your child's room messy? Set the timer for a 15-minute pickup blitz before weekend activities begin.
- ☐ 21. Establish a routine of weekly family meetings. Talk about family news, challenges and goals. Celebrate successes.
- ☐ 22. Talk to your child about ways to stop bullying. Kids who are bullied and those who bully are at risk for poor school performance.
- ☐ 23. Go for a walk as a family and look for seasonal changes.
- ☐ 24. Call out some words from the dictionary during dinner. Challenge family members to spell them.
- ☐ 25. Talk with your child about honesty and why it is important, in school and in life. Discuss examples of people who demonstrate honesty.
- ☐ 26. Be sure your child knows that your rules apply even when your child is at a friend's house.
- ☐ 27. Ask how your child would handle peer pressure to do something that's against the rules or that feels wrong. Role-play scenarios together.
- ☐ 28. Charge digital devices out of your child's bedroom at night. Kids should be sleeping, not texting or checking social media.
- ☐ 29. Help your child make a planning sheet for a large school project. List tasks and assign deadlines for each.
- ☐ 30. Dig out a favorite children's book and read it together. There are still lessons to be learned.

October 2025

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- ☐ 1. Ask your child to teach you some slang the kids at school use.
- ☐ 2. Encourage your child to ask at least one question in every class.
- ☐ 3. Talk with your child about a current event in another country. What effects could it have here?
- ☐ 4. If you need to correct your child, do it privately, not in front of peers.
- ☐ 5. See how many words you and your child can use to describe today's weather. For example: *brisk, balmy, breezy, bracing*.
- ☐ 6. Ask your child to draw a diagram and use it to explain a newly learned concept to you.
- ☐ 7. Discuss the many meanings of the word *time*. "It's *time* for dinner," "I had the *time* of my life." What other examples can your child think of?
- ☐ 8. Find quotations that will motivate your child. Post a favorite one on the bathroom mirror.
- ☐ 9. After a test, talk about the questions your child got right. Help your student think about what worked to learn and remember that material.
- ☐ 10. Eliminate distractions during your child's study time.
- ☐ 11. Mention how something you studied in school has helped you at work or in running a household.
- ☐ 12. As a family, spend 20 minutes on DEAR time today (Drop Everything And Read).
- ☐ 13. Say to your child, "If there's anything you want to talk about, remember I'm here to listen."
- ☐ 14. Express your confidence often that your child can learn and do well in school.
- ☐ 15. Encourage your child to take responsibility for schoolwork. Offer only one reminder that it's homework and study time.
- ☐ 16. Play math "Jeopardy" at dinner. Give a number. Who can come up with a problem for which it is the answer?
- ☐ 17. Tell your child why you value education. Discuss your student's long-range goals.
- ☐ 18. Encourage your child to use sticky notes to write down tasks or information to remember.
- ☐ 19. Help your child practice making eye contact when speaking.
- ☐ 20. Take a walk with your child and use all five senses to observe the world around you.
- ☐ 21. Ask which classes your child finds most interesting this year and why.
- ☐ 22. Remind your middle schooler that many short review sessions work better than one long one.
- ☐ 23. Encourage your child to think about abstract concepts, like *character*.
- ☐ 24. Teach your child to use positive self-talk. Phrases such as "I can do this" can help students stay motivated.
- ☐ 25. Everyone makes mistakes. Help your child focus on what can be learned from them.
- ☐ 26. Make today a device-free day. Let your child be responsible for thinking of screen-free activities.
- ☐ 27. Talk with your child about the importance of having self-respect.
- ☐ 28. Teach your child a literary term, such as *onomatopoeia* (when words sound like the objects or actions they refer to—*buzz, drip, swoosh*.)
- ☐ 29. Ask your child to figure out how often your hearts beat in one minute. (Count beats for 15 seconds. Multiply by four.)
- ☐ 30. Have your child read a news article aloud. Exchange opinions about it.
- ☐ 31. Suggest a few activities that your child can do alone.

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November 2025

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- ☐ 1. Schedule some one-on-one time with your child this month.
- ☐ 2. Help your child research possible future careers. What skills or education are required for each?
- ☐ 3. Start a family bulletin board. Everyone can post things they find interesting. Talk about the posts.
- ☐ 4. Base your expectations for your child on learning, effort and progress. Don't focus so much on grades that your child feels the need to cheat.
- ☐ 5. Ask your child, "What's the most hectic part of your day?" Brainstorm ways to make it more organized.
- ☐ 6. Tell your child a story that teaches an important lesson.
- ☐ 7. Talk about a time when your child's persistence led to success.
- ☐ 8. Reach out to your child's teachers and counselor throughout the year with questions you have about how your student is doing in school.
- ☐ 9. When your child studies for a test, suggest starting at a different place in the reading or notes every time.
- ☐ 10. Middle schoolers know their shortcomings. They need you to remind them of their strengths.
- ☐ 11. Encourage your child to go to games, plays and other school events. They are great ways to meet new friends.
- ☐ 12. Ask what your child would do if a friend stole something from a store.
- ☐ 13. How many different coin combinations can your child use to make change for a dollar?
- ☐ 14. Have your child circle all the adjectives or adverbs in a news article.
- ☐ 15. Ask your child, "What would you do if you had a million dollars?"
- ☐ 16. Experience is a great teacher. Instead of telling your middle schooler "That won't work," when it's safe to do so, say "Why not try it?"
- ☐ 17. Let your child invite friends to stay for a family dinner. It's a great way to learn more about your middle schooler's peer group.
- ☐ 18. Talk to your child about the dangers of vaping.
- ☐ 19. Think of some common sayings, such as "Beauty is only skin deep" and "Winning isn't everything." Discuss their meanings with your child.
- ☐ 20. Some middle schoolers are embarrassed by affection in public. But they still like hugs at home!
- ☐ 21. Encourage your child to keep a journal and record thoughts, memories and observations.
- ☐ 22. Have each family member prepare one part of a meal, then enjoy it together.
- ☐ 23. Talk about things that make someone a good friend. Ask your child, "Can you name two ways *you* could be a better friend?"
- ☐ 24. Learn a new word at breakfast. Challenge family members to use it three times during the day.
- ☐ 25. Teach your child a life skill, such as how to fill the car's tank with gas and check the oil.
- ☐ 26. Assign a place to keep library books. Your child will always know where to find something to read.
- ☐ 27. Make a list of all the things that make your family members thankful.
- ☐ 28. Ask your child's opinion of something. Listen respectfully, even if you disagree. Then, share your views.
- ☐ 29. Ask your child to choose some lively music to keep everyone moving during chore time.
- ☐ 30. Help your child improve vocabulary. Do a crossword puzzle together today.

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