

Daily Learning Planner

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

Special Education Parent Resource Center
Roanoke County Schools



THE
PARENT
INSTITUTE®

January 2022

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

- 1. Help your child set and write down goals for 2022. Set some for yourself, as well.
- 2. Encourage your child to start a diary or journal.
- 3. Ask your child to tell you about this week's assignments.
- 4. Strive to eat together as a family at least once every day.
- 5. Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.
- 6. Encourage your child to ask at least one question in each of her classes regularly.
- 7. Remind your child how important it is to turn in schoolwork on time. Just one zero can bring down a grade an entire letter.
- 8. Encourage your child to find out when teachers are available to give extra help.
- 9. Call out words from a dictionary. Take turns guessing how to spell them.
- 10. Try to have a rhyming conversation with your child. It may be tough at first, but you'll both get better!
- 11. Share a study strategy, such as doing one more quick review of material right before bed.
- 12. Talk to your child about social media. Make it clear that he should never say or do anything online that he wouldn't in real life.
- 13. Help your child consider possible consequences before she makes a decision.
- 14. "Because I said so!" is frustrating for middle schoolers to hear. Explain your reasoning when possible.
- 15. Check out an astronomy book at the library. Together, learn some new facts about the planets.
- 16. Talk with your child about how education has helped you in your job and everyday life, or why you wish you had gotten more.
- 17. Have your child teach you something he is learning, such as a science skill.
- 18. Ask your child, "Is there anything you wish you understood?" Then research the topic together.
- 19. Read and talk about a poem with your child.
- 20. Admit and apologize to your child when you're wrong.
- 21. Talk with your child about the connection between rights and responsibilities.
- 22. Create a word search puzzle for your child by hiding words in a grid and surrounding them with random letters.
- 23. Ask about your child's most challenging school subject. Together, brainstorm strategies to make it easier.
- 24. Thank your child for doing something.
- 25. As a family, decide on a household rule and the consequences for breaking it.
- 26. Try to remember your life as a middle schooler. It can help you relate to your child.
- 27. Encourage your child to write a thank-you note to a teacher or coach who has positively influenced her.
- 28. If your child wants to talk when it's inconvenient, arrange to talk later.
- 29. Adolescents can be very critical. Praise your child when he is kind.
- 30. Spend 20 minutes on DEAR time today (Drop Everything And Read).
- 31. Never comment on your child's weight. Instead, emphasize the need for proper nutrition and exercise to maintain a healthy body.