

Daily Learning Planner

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

Family and School Partnerships
Fairfax County Public Schools



THE
PARENT
INSTITUTE®

December 2021

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

- 1. Talk to your child about your expectations. Is there a new responsibility he thinks he could handle?
- 2. Recreate a favorite holiday tradition from your own childhood. Share it with your child.
- 3. Ask your child to count how many servings of fruits and vegetables your family eats in a day. Just one or two? How could you add more?
- 4. If your child visits a friend's home, make sure an adult will be there to supervise.
- 5. Praise your child when she studies hard.
- 6. Find out if your local public library sells used books. If so, let your child purchase one or two on your next visit.
- 7. Don't use screen time as a reward or punishment. It will make it seem more important to your child.
- 8. Watch the news with your child. Have him select one news report and compare it with a print article on the same topic.
- 9. Give your child a coupon good for one-on-one time together.
- 10. Ask your child to explain a homework assignment to you.
- 11. Practice the art of compromise. Pick something you are flexible on to negotiate with your child.
- 12. Have your child research possible future careers. What skills and education are required for each?
- 13. Together, make a collage of photos taken of your child this year.
- 14. When helping with schoolwork, express your confidence that your child will get the hang of it.
- 15. Hang a chalkboard in your home. It's a fun place to practice math problems.
- 16. Talk with your child about romantic relationships. Share your values and standards.
- 17. Listen to your child's favorite music in the car. Talk about what you each like or don't like about it.
- 18. Kids can be very busy at this time of year. Make sure your child gets plenty of sleep.
- 19. With your child, think of as many city nicknames as you can: Windy City (Chicago), Mile High City (Denver), the Big Apple (New York).
- 20. Point out an example of prejudice to your child. Talk about positive ways to deal with intolerance.
- 21. Ask your child to take responsibility for one or two seasonal tasks.
- 22. Let your child read in bed for an extra hour—only if there is no school tomorrow!
- 23. Have each family member prepare part of a meal, then eat together.
- 24. Tell your child a story about yourself at her age.
- 25. Turn off the TV for an entire day.
- 26. Ask, "What do you wish we did differently at home?" Be open to your child's suggestions.
- 27. Enforcing a rule? Remember to be firm, fair and consistent.
- 28. Enjoy some exercise with your child.
- 29. Learn some sign language. Can your family use it to communicate?
- 30. Talk with your child about how each of you could improve your listening skills.
- 31. Have your child call or check out your state's tourism office online. Is there a place he'd like to visit?