

Daily Learning Planner

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

California Middle School



THE
PARENT
INSTITUTE®

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

- 1. It's Library Card Sign-Up Month. Visit the local public library together and help your child sign up for a card.
- 2. Find a new word in the dictionary. Challenge each family member to use it in conversation three times today.
- 3. Discuss ways your family's rules about social time and screen time will change now that summer is over.
- 4. Ask your child to report on an event in today's newspaper at dinner.
- 5. Think of tough situations your child may face. Role-play them together.
- 6. The middle school years can be stressful. Make sure your child's schedule includes some time to relax.
- 7. Consider subscribing to a magazine your child might enjoy reading.
- 8. Make up trivia questions about your family. Quiz one another at the dinner table.
- 9. Look through baby photos of your child together. Talk about all the things your student has learned since then.
- 10. Make your child's favorite breakfast as a morning surprise.
- 11. Review school rules and policies together. Expect your child to follow them.
- 12. Remind your child that there are no stupid questions. Students who really want to learn should ask questions in class.
- 13. Keep a map or globe visible in your home. Encourage your child to locate places that are mentioned in the news.
- 14. Eliminate distractions during homework and study time. All devices not needed for schoolwork should be off!
- 15. Plan a family outing for the weekend. Let your child invite a friend.
- 16. Encourage your child to take healthy risks at school, such as tackling a new challenge or trying out for a play.
- 17. Ask about your child's hopes for the future. Listen carefully and ask follow-up questions to encourage deeper thinking.
- 18. Do you have nutritious after-school snacks on hand? Let your child help pick them out.
- 19. Have your child do a weekly backpack clear-out on Sundays and start the week organized.
- 20. Say often that you know your child can succeed.
- 21. Ask about your child's hardest school subject. What does your student think might make it easier?
- 22. Encourage your child to take responsibility for completing assignments on time. Offer only one reminder each day that it is homework time.
- 23. Talk together about something you love and admire about your child.
- 24. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
- 25. As a family, create a routine that will make mornings run smoothly.
- 26. Have your child tell you about the assignments that are due this week.
- 27. Show interest in your child's musical tastes. Listen to a favorite song together. What does your child like about it?
- 28. Mention something you are glad you learned recently. This shows your child that you value education and that learning is a lifelong activity.
- 29. Social media makes it easy to hurt someone. Make it clear that it's not OK post things that your child wouldn't say to someone's face.
- 30. Adolescents can be moody. Pick your battles, but do not tolerate disrespect.