

Daily Learning Planner

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

St. Mary Parish High Schools
St. Mary Parish School Board



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. This is African American History Month. Explore the National Museum of African American History and Culture online at nmaahc.si.edu.
- 2. Link your child's responsibilities to freedom. As your middle schooler becomes more responsible, you'll grant more freedom.
- 3. Let your child see you reading for pleasure.
- 4. Make sure there will be adult supervision when your child visits a friend's home.
- 5. If your child hears an unfamiliar word, suggest looking it up in the dictionary.
- 6. Ask what your child would do if a friend stole something from a store.
- 7. Encourage your child's interest in school-based extracurricular activities. Participation can help prevent risky behavior.
- 8. The next time you drop your child off at practice or rehearsal, stay a few minutes and watch.
- 9. Tell your child a family story. Try to think of one that teaches a lesson.
- 10. Remember that the key to getting your child's respect is showing your child respect.
- 11. Is your child trying to make friends? Teach conversation starters, such as, "I like your ..."
- 12. Take a walk with your child and use all five senses to observe the world around you.
- 13. Share an interesting fact with your child. For example, the moon takes a little more than 27 days to orbit the Earth.
- 14. Serve your child's favorite breakfast today just to say, "I love you."
- 15. It's Susan B. Anthony's birthday. With your child, learn more about her achievements.
- 16. Notice and talk about the positive qualities of your child's friends.
- 17. Think of a food advertising word, such as *hearty*. See who can find it at the grocery store first.
- 18. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.
- 19. Help your child organize something, such as a closet or schedule.
- 20. Make it clear that school is your child's job. It's more important than sports, hobbies or screen media.
- 21. Listen with interest when your child describes class content. Ask follow-up questions.
- 22. Challenge your child to match every hour of recreational screen time with a screen-free hour of time outside.
- 23. Think of ways you and your child waste time. Together, find ways to manage time better.
- 24. Spend 20 minutes on DEAR time today (Drop Everything and Read).
- 25. Choose a book that you and your child can both read and discuss.
- 26. Let your child daydream sometimes. It can build imagination and coping skills.
- 27. Ask which assignments from this school year your child thinks will be memorable in five years.
- 28. When your child overreacts, it's important for you not to. Set a time to talk later when you both are in control.