

Daily Learning Planner

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

Montgomery High 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. Ask if your teen has made any new friends lately. If not, brainstorm together about ways to do it.
- 2. Limit drinks with caffeine at night. They can deprive your teen of sleep.
- 3. Enrich vocabulary by using new words in conversation with your teen. Curiosity may lead your student to the dictionary.
- 4. Read the *Declaration of Independence* with your teen today. Talk about why it was written.
- 5. Ask your teen, "What does *smart* mean to you?"
- 6. Ask your teen to find an event at a bookstore or library that sounds interesting. Make plans to go together.
- 7. Could your teen start a business providing a service, such as dog walking or lawn mowing? Help your student make a business plan.
- 8. Will your teen need a medical checkup before school resumes? Make an appointment today.
- 9. Ask your teen to name three favorite books. Read one of them.
- 10. Name a location anywhere in the world. With your teen, take turns telling one thing you would like to see there.
- 11. Set consequences with the goal of teaching, rather than punishing.
- 12. Take time to listen to your teen today.
- 13. Recommend mood check-ups during screen use. If your teen feels sad, angry, envious or disappointed, it's a cue to switch to an offline activity.
- 14. Ask your teen to brainstorm dinner ideas for next week.
- 15. Does your teen know the names of your local government officials? If not, help your student learn them.
- 16. As you drive, talk about traffic safety with your teen.
- 17. Have your teen pick a stock and pretend to invest in it, then follow its progress over time.
- 18. Research shows teens are more likely to try drugs and alcohol over the summer. Make it clear you expect your teen to stay clean and sober.
- 19. Ask your teen to help you figure something out, such as the best place to get a service you need, or where to go for a fun, free family outing.
- 20. Is your teen turning into a summer couch potato? Suggest some outdoor activities.
- 21. When safety allows, replace phrases like "It won't work" with "Why not try it?"
- 22. Encourage your teen to read aloud to you.
- 23. Start a household project with your teen that involves a learning skill, such as budgeting, time management or organization.
- 24. Is your teen starting a new school this year? Call to arrange for a tour before school starts.
- 25. Make a copy of a crossword puzzle and race your teen to see who can complete it first.
- 26. Talk about times when choosing to do the right thing isn't easy. Explain that choosing the harder option now usually makes things easier later.
- 27. Have your teen teach you how to do something new on the computer.
- 28. Take a walk with your teen and use all five senses to observe the world around you.
- 29. Praise your teen for tackling challenges, not just for doing well.
- 30. Check your teen's summer reading list. Is your teen making progress?
- 31. Ask what your teen wants to accomplish in the school year ahead.