

# Expect the Best from Your Child—and Get It!



**W**hen researchers look at what makes students successful, they always find that expectations play a key role. If parents and teachers hold high expectations, then children usually live up to them. That's true in academics and in athletics—and it's true for behavior as well.

Here's how you can use the power of positive expectations to help your child succeed in school.

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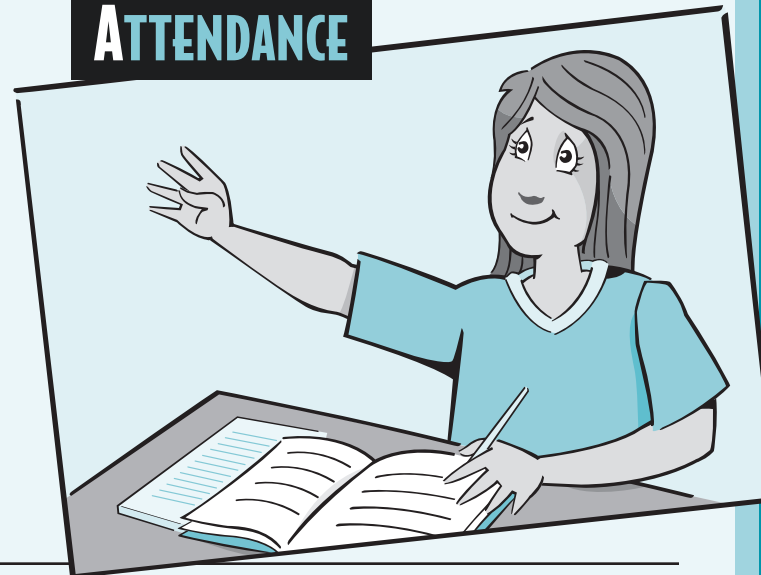
## Emphasize the Three A's

**Y**our child can be a winner if you make it clear you expect these three A's:

### 1. Attendance.

Research shows a link between attendance and achievement. Learning builds day by day, and it can be difficult to catch up once your child has missed a lesson. Your child's success in school depends on having a solid educational background—one that can only be gained through regular school attendance.

### ATTENDANCE



### ACHIEVEMENT



### 2. Achievement.

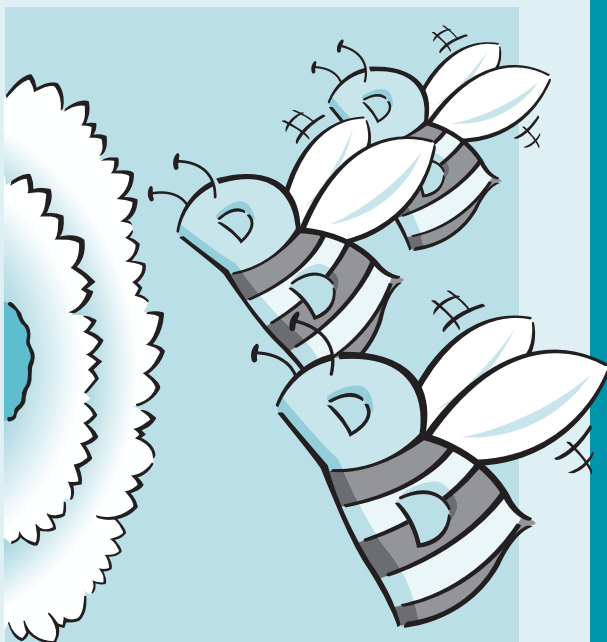
Help your child learn to set goals—and achieve them. When he reaches one goal, celebrate his success—and help him set his sights on the next goal.

### 3. Attitude.

A popular quote says, "It's your *attitude* and not your aptitude that determines your altitude." In other words, even the brightest student can fail if she doesn't work hard. Let your child know you expect her to try her best.

### ATTITUDE





## Add the Three B's

### 1. Be positive.

Low self-esteem may be keeping your child from reaching his potential. If you suspect this may be the case, focus on the positive. Talk about “things you are working on” rather than “things you can’t do.”

### 2. Be consistent.

Tell your child you expect him to study a certain amount of time each day. Don’t let him put off homework until he’s too tired to do it. Have him choose a time for homework—and then stick to it every day.

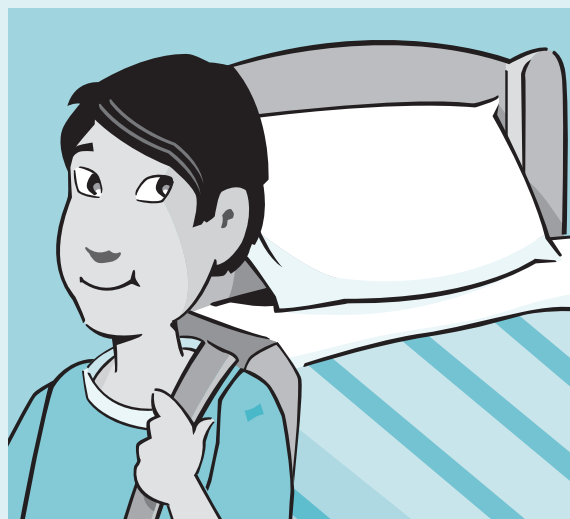
### 3. Be there for your child.

Take time to talk—and listen—to your child. Plan some special time alone. During these times together, talk and listen about hopes and expectations for the future.

# EXPECT YOUR CHILD TO DEVELOP GOOD HABITS

A habit is an automatic action that takes no conscious thought. Habits help most people get through the day. When you get up in the morning, you don’t stop to think, “Maybe I should brush my teeth.” You just do it.

You can help your child develop positive habits, too. Show that you expect your child to develop the habit of doing homework at a regular time, for example, or the habit of spending some time reading each day.



Talk with your child about other habits you expect him to develop. Have him:

- Write down homework assignments.
- Bring needed materials home from school every day.
- Take homework and other materials back to school.
- Go to bed on time.
- Get up and be ready for school on time.
- Make his bed and straighten up his room in the morning.

To help your child form good habits:

- **Don’t try everything at once.** Remember the year you made eight New Year’s resolutions? By Valentine’s Day, you had given up on all of them. It’s the same with habits. Focus on only a few habits at a time that you’d like your child to develop.
- **Include your child.** After all, you are trying to change *her* habits. Talk with her about what you’re trying to do. Let her know that positive habits can make her life easier and more pleasant. Ask her to choose one or two things she’d like to work on first.
- **Allow 21 days.** Experts have discovered that when an action is repeated every day for 21 days, it is likely to become automatic. So, for the next 21 days, *expect* your child to act on her new habits. After that, you’ll find she does them without thinking.

Whether they do it consciously or unconsciously, all children work hard to do what they *believe* is expected of them. Tell and *show* your child what you expect—and you’ll get results!

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