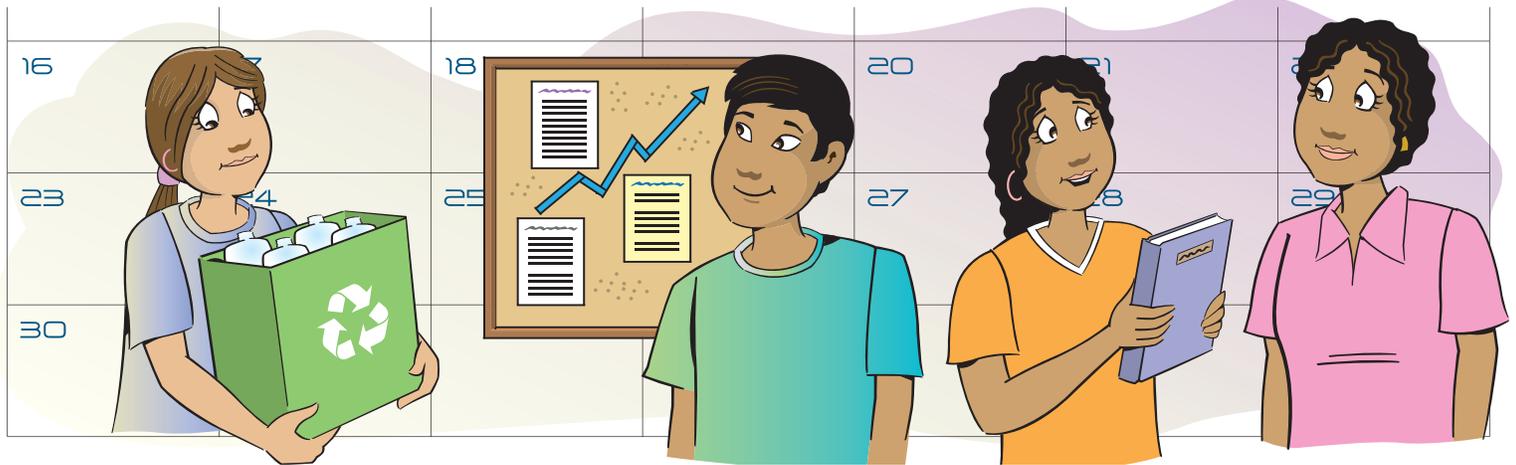


Parent Pointers

Calendar

Shelton Youth Service Bureau



THE PARENT INSTITUTE®

Parent Pointers

Calendar

Middle School Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a list of the best times you had as a family during the last year. Schedule time on the calendar to do them this year.	2 Let your child take over a responsibility you've previously done for her. Present it as a positive step.	3 Encourage healthy eating. Allow your child to choose some fruits and vegetables at the grocery store.	4 Choose a number, then have your child list all the things he can think of that come in that number.	5 Children who read regularly earn the highest grades. Start a daily reading time for the entire family.	6 Is your child shy? Encourage her to seek out someone who looks ill at ease, smile and start up a conversation.	7 Look for a skill you and your child can learn together. It's a fun way to get to know your child on a new level.
8 Ask your child to brainstorm dinner ideas for the week. He can also write the grocery list.	9 Girls who participate in sports have higher self-esteem and higher scores on college entrance exams than those who don't.	10 Share stories that convey your values and your family's history with your child.	11 After your child takes notes, have him look for key ideas. He can draw a picture to illustrate them.	12 If your family is making a major purchase, let your child do research to find the best deal.	13 Does your child have homework to do over the weekend? Make sure she schedules time to complete it.	14 Go on a nature walk with your child. Notice things you have never seen before.
15 Encourage your child to daydream. This builds his imagination and coping skills.	16 When studying history, acting out past events can bring lessons to life.	17 Go to your child's events. Spending time on the sidelines is a great way to show her how important she is.	18 Try to be available by phone or in person right after school. It's often when kids are most ready to talk.	19 "Because I said so!" may be frustrating for middle schoolers to hear. Explain your reasoning.	20 Has it been a hard week at school for your child? Go out together for a snack after school.	21 Keep the TV turned off today. Let your child be responsible for thinking of alternate activities.
22 At bedtime tonight, tell your child a story about yourself at his age.	23 When reviewing your child's work, comment on answers she got right before looking at the ones she missed.	24 Is your child having a problem at school? Have him brainstorm on how he could solve it—without your help.	25 Compare your family's values to those you see on TV shows. How are they different or alike?	26 Create a word search for your child by hiding words in a grid and surrounding them with random letters.	27 Watch a silly movie with your child. Grab a healthy snack and relax.	28 Try a new recipe with your child. This helps her practice following directions.
29 Suggest a book to your child in which the main character is a good role model.	30 Compliment your child on something about his appearance today.	31 Talk with your child about mistakes. What are some ways people can learn from their mistakes?	<h1>January 2017</h1>			