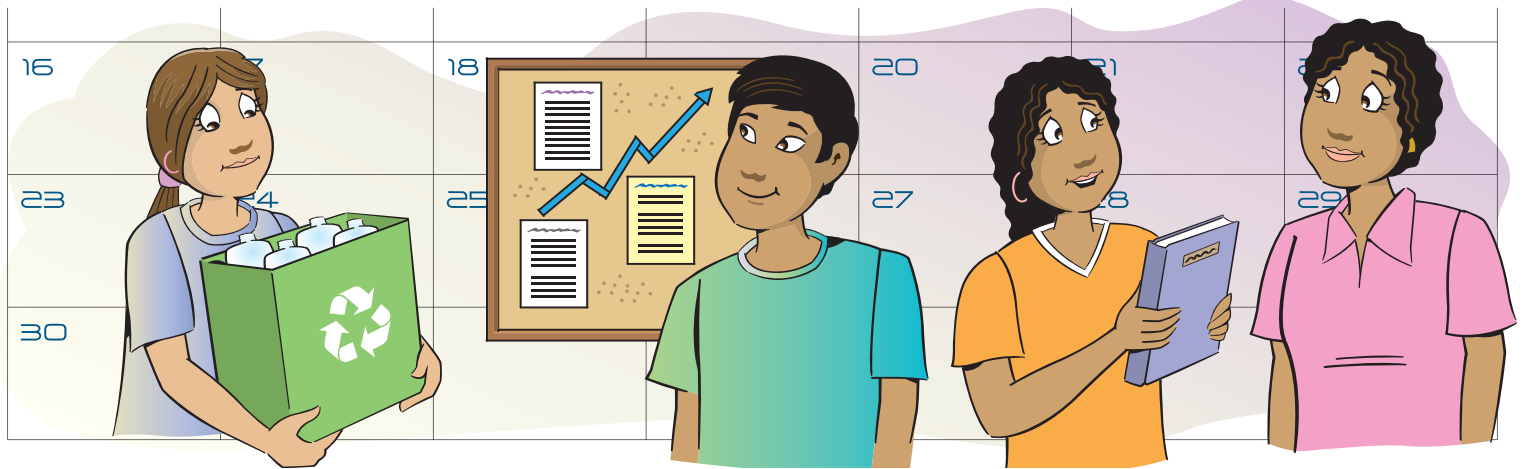


Parent Pointers

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 |
|--|--|---|--|--|--|--|
| March 2017 | | | 1 How many times a day does your child check social media? Challenge him to keep track. | 2 If you want your child to get more involved at school, set an example. Join a club or group that interests you. | 3 Talk about the advertisements when you watch TV with your child. How are they trying to persuade viewers? | 4 Encourage your child to combine exercise and learning by listening to an audiobook while working out. |
| 5 Don't sit on the sidelines. Do something active with your child instead of watching sports on TV. | 6 Being a middle schooler can be stressful! Remind your child to plan some time to relax. | 7 If your child gets headaches, squints or holds books too close, have her vision checked. | 8 Encourage your child to ask at least one question in each of his classes. | 9 Suggest your child use self-stick notes to write down things she needs to remember. | 10 Talk with your child about how each of you could improve your listening skills. | 11 If your child is an athlete, leave coaching to the coach. Sideline coaching distracts players and will embarrass your child. |
| 12 Help your child improve his vocabulary. Do a crossword puzzle together today. | 13 Teach your child about investing. Start an imaginary stock portfolio together. | 14 Establish times when texting is not allowed, such as during mealtimes and right before bedtime. | 15 Kids know their shortcomings. They need you to remind them of their strengths. | 16 When your child brings home a grade, focus first on what she learned in that subject, not on her grade. | 17 Teach your child to trust his gut. If he thinks a situation may get out of hand, he should avoid it. | 18 Encourage your child to take some cookies to an elderly neighbor or family friend. |
| 19 Ask your child to write a poem or paint a picture about her future. | 20 Remind your child of the long-term benefits of achieving in school. | 21 Teach your child to cheer himself on. Positive self-talk, such as "I can do this," can keep him motivated. | 22 Your child will remember more from two 20-minute study sessions than from one 40-minute session. | 23 Talk about stereotypes with your child. Discuss why they're unfair. | 24 Take your child to a high school sporting event. Talk about her goals for high school. | 25 If your child has a Snapchat or Instagram account, ask to see it. Talk about the pictures he posts. |
| 26 Is your child getting enough exercise? Take a brisk walk together today. | 27 Ask your child to draw a diagram of something she is learning in school. | 28 If your child is having trouble starting a paper, have him write just one sentence and then take a short break. | 29 Tell your child that effort is more important than ability when it comes to success. | 30 Remind your child to choose friends with strong character. People will judge her in part by who her friends are. | 31 Ask your child to name five things he learned in school this month. Post the list on the refrigerator. | |