

# Daily Learning Planner

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

Shelton Youth Service Bureau



THE  
**PARENT**  
INSTITUTE®

## January 2021

## Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Help your child set—and write down—goals for the coming year. Set some goals for yourself, as well.
- 2. Don't criticize your body in front of your child. Instead, talk about being healthy and strong.
- 3. Challenge each member of your family to learn something new this week. Plan a date when everyone will share what they have learned.
- 4. Listen to a piece of music that has no lyrics. Have your child write his own words to the song.
- 5. Ask your child to make a graph of family habits. How long does each person sleep? Who reads the most?
- 6. Talk with your child about ways each of you could improve your listening skills.
- 7. Promote healthy risk-taking to boost confidence. Applaud your child when she tackles a new challenge.
- 8. Together, watch a movie based on a book your child has read. How are the versions similar or different?
- 9. Serve your child breakfast in bed as a special treat.
- 10. Play a game that builds math and thinking skills, such as cards, dominoes or chess.
- 11. Help your child find a book in a series to read. If he likes the first one, there will be more!
- 12. Establish times when texting is not allowed, such as during mealtimes and in the car.
- 13. Together, think of *homophones*—words that sound alike, but mean different things (for example, *wail* and *whale*).
- 14. Say a sentence. Ask your child to classify it as *fact* or *opinion*.
- 15. Attendance is important. Allow absences from class only in cases of illness or emergency—not to catch up on homework or sleep.
- 16. Challenge your child to write an advertisement for a product she uses.
- 17. Put on a family talent show.
- 18. Limit interruptions during your child's homework time.
- 19. Teach your child to read a road map.
- 20. Talk with your child about the dangers of substance abuse. Trying an illicit drug just once is still abuse.
- 21. Give your child a genuine and specific compliment today.
- 22. Mention something you learned recently. This shows that education is a lifelong activity.
- 23. When shopping, give your child a calculator. Can he use math to help you find the best deals?
- 24. Take a brisk walk as a family today.
- 25. If your child's mind wanders when she studies, suggest that she jot down quick reminders of her thoughts, then go back to studying.
- 26. Limit drinks with caffeine at night. They can deprive your child of needed sleep.
- 27. Ask your child to choose a recipe to follow from a cookbook.
- 28. Teach your child to ask *who, what, when, where, why* and *how* when doing research.
- 29. Remind your child that cheating is lying, and it is *always* wrong.
- 30. Ask your child to add two four-digit numbers. Can he figure it out on paper before you can with a calculator?
- 31. Encourage your child to take photos during a family outing.