

Parent Pointers

Calendar

Shelton Youth Service Bureau



THE PARENT INSTITUTE®

Parent Pointers

Calendar

High School
Parents
still make the difference!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|---|
| | 1 Listen attentively to improve communication with your teen. | 2 Ask your teen to keep a to-do list. When he writes down things he needs to do, he is less likely to forget to do them. | 3 Have your teen make an audio recording of key ideas from a chapter she's reading and play them back to study. | 4 Don't use technology time as a reward or punishment. It will make it seem even more important to your teen. | 5 Remind your teen of the long-term benefits of achieving in school. | 6 Set aside some time to spend one-on-one with your teen today. |
| 7 Does your teen have final exams coming up? Talk to him about a study schedule. | 8 Encourage your teen to read the newspaper every day this week. Choose a cover story to discuss. | 9 Don't try to be too understanding. Your teen needs a parent more than just another friend. | 10 Encourage your teen to take responsibility for her work. Remind her only once that she has homework. | 11 To encourage your teen to save, you might match his savings with an equal contribution. | 12 When your teen brings home a grade, focus first on what she learned, not on her grade. | 13 Visit the library. Suggest that your teen look for a new book by a favorite author. |
| 14 Help your teen prepare a résumé. It will come in handy when he fills out college and job applications. | 15 With your teen, brainstorm about ways your family can lower the electric or water bill. | 16 Ask your teen to guess which ingredients or vitamins are in a food. Then check the label. | 17 Admit and apologize to your teen when you're wrong. | 18 Notice whether your teen is completing homework on time. Praise her responsibility. | 19 Avoid giving in to your teen's demands once you have made a decision about something. | 20 Help your teen improve his vocabulary. Do a crossword puzzle together today. |
| 21 Take a walk on a clear night and look at the sky. Can your teen pick out any constellations? | 22 As you do errands, help your teen talk with people about the jobs they do. | 23 Don't say, "I know how you feel." Teens believe their feelings are unique. | 24 Many colleges offer summer programs for high schoolers. Help your teen start gathering information now. | 25 Teens are very busy at this time of year. Make sure your teen gets plenty of sleep. | 26 Teach your teen to trust her gut. If she thinks a situation may get out of hand, she should avoid it. | 27 Is your teen getting enough exercise? Take a brisk walk together today. |
| 28 Plan a family picnic. Let your teen plan and prepare the meal. | 29 Plan an activity to celebrate the end of the school year. Take your teen out for a special activity. | 30 Expect your teen to attend school every single day until the last day of school. | 31 Ask your teen to name five things he learned in school this month. Post the list on the refrigerator. | <h1>May 2017</h1> | | |