



TIPS

for parents
**Help Your Child
at Home**

As a parent, you can help your child have a good school year. Here are some ideas:

Your child needs:

- Regular visits to the doctor and dentist.
- A healthy diet.
- Lots of exercise.
- Enough sleep each night.
- A quiet place for homework.

You can help in these ways:

- Get your child to school on time every day.
- Limit TV, video game, and computer time.
- Ask your child what she did in school.
- Read with your child every day.
- Visit the library with your child.
- Sing songs and tell stories with your child.
- Taking a trip to the zoo, the park, or a museum.



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TIPS | for parents Help Your Child Have a Good School Year

There are many things that parents can do at home to help their children have a good school year. Here are 10 ideas:

- **Medical care:** Look for a doctor or a local clinic. Visit the doctor for regular health care and when your child is sick. Take your child to the dentist twice each year.
- **A healthy diet and exercise:** Children need to eat a healthy diet with many fruits and vegetables. They also need to exercise every day. They can run, jump, play at the park, and dance!
- **Sleep:** Children need to sleep well each night. With enough sleep, they will be ready to learn in the morning. Ask your doctor how many hours of sleep your child needs.
- **Getting to school on time:** Help your child get to school on time every day. Try to take family trips during school vacations and the summer. Call the school if your child will be absent.
- **Homework:** Your child needs a time and place to do homework each night. Find a place that is quiet. Make sure your child has everything he needs. Ask to see finished homework every day.
- **TV, video games, and computers:** Limit the time your child spends on these activities. Look for shows and games that help your child learn. Tell your child to never talk to strangers on the Internet.
- **Talking with your child:** Ask your child to tell you about the school day. Ask her what she learned, and how she felt during the day.
- **Reading:** Read with your child every day. Try reading stories at night. Keep children's books in the house.
- **The library:** Visit the library with your child. Look for books that your child will enjoy.
- **Learning at home:** Sing and tell stories with your child. Visit the zoo, parks, and museums in your city.

References available at:
<http://www.colorincolorado.org/article/33152>

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TIPS for parents Getting the School Year Off to a Good Start

As a parent, there are many things you can do at home to help your child have a good school year. Here are ten important ways to get started:

- **Medical care:** Children need regular medical checkups, immunizations, and dental care. Check with your school to see if a physical and immunizations are required before the new school year. Some medical and dental services may be available at the local clinic or your child's school.
- **A healthy diet and exercise:** Children who eat a healthy diet and get regular exercise can concentrate better during the school day. It is important that your child eats a balanced diet with plenty of fruits and vegetables, and has opportunities to exercise every day through a sports team, fun activity, or playtime outside.
- **Sleep:** Getting enough sleep will help your child get up on time, feel good, and be ready for a full day of learning. Children need different amounts of sleep at different ages. Ask your doctor how many hours of sleep your child needs each night.
- **Getting to school, every day and on time:** It will be easier for your child to complete daily lessons, homework, and tests if he gets to school on time every day. Limit the time your child misses for family trips and activities. Contact the school immediately if your child will be absent.
- **Homework:** Help your child set a regular time and place for homework. Choose a time that works well for your family's schedule. Find a place that is quiet and has good lighting. Make sure your child has supplies such as pens, pencils, paper, and a dictionary. Ask your child to show you her finished homework each night so that you can see what she is learning and confirm that she is doing all of her assignments.
- **Limit television, video game, and computer time:** Limit the time your child spends watching TV, playing video games, and using the computer. When possible, do these activities together, and look for educational programs and games. Help your child understand that he should never give out personal information on the computer or talks to strangers online.
- **Talking about school together:** Ask your child to tell you about the school day. Ask her what she learned, and how she felt during the day. Listen carefully to her answers, and help her think of ways to solve any problems she might be having in her schoolwork or in the classroom.
- **Reading:** Set aside time to read with your child each day. You can make reading a part of daily routines by reading stories at bedtime and keeping lots of books and magazines in the house.
- **The library:** Help your child get to know the library and what you can find there, including books, audio books, magazines, CDs, and DVDs. Libraries also offer homework resources and a quiet place for students to work.
- **Learning at home:** Help your child learn at home by sharing activities together, singing, talking, and telling stories. Visit educational places such as museums, the zoo, the park, or a historical monument. Find out what your child's interests are, and look for activities and books that are connected to that interest.

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