Home & School CONNECTION®

Working Together for School Success

March 2019

Northwest Local School District
Title I

SHORT NOTES

Display schoolwork

Saving work your youngster brings home is one way to show her that school is important to you. Consider creating a hallway gallery of framed papers and artwork, or store her work in a coffee-table binder. *Tip:* Take photos of her sculptures, dioramas, and other 3-D projects. Display the photos, or add them to her binder.

A list-making habit

Get your child in the routine of making checklists in a student planner or notebook. Suggest that he write down tasks in the order he needs to complete them. Encourage him to check off each item as he tackles it—he will enjoy a sense of satisfaction as his list grows shorter.

Promote a work ethic

A good work ethic, or a belief in the value of hard work, will make your youngster better at any job she undertakes. Develop this trait by giving her regular chores like taking out the recycling or sweeping the floor. Then, let her know how her contribution makes a difference. ("The kitchen looks nice and tidy thanks to you!")

Worth quoting

"Why fit in when you were born to stand out?" *Dr. Seuss*

JUST FOR FUN

Q: "I pass before the sun but make no shadow. What am I?"

A: The wind.

Be a STEM thinker

With science, technology, engineering, and math jobs in demand, STEM is a hot topic these days. Being a curious, critical, creative thinker who can solve problems will help your child do well in STEM—and in every area of life. Try these ideas.

Wonder out loud

Bring out your youngster's natural curiosity by discussing what you're curious about. ("I wonder why rainbows are curved and not straight.") Then, he could experiment to find out. Perhaps he'll create his own rainbows using a flashlight, a mirror, and a pan of water.

Make a "tinker box"

Your child will use critical thinking skills by tinkering with natural objects and loose parts. In a shoebox, let him collect items like pebbles, acorns, seeds, straws, rubber bands, and clothespins. He could add new objects as he finds them. Maybe he'll design a "claw machine" that picks up small objects or examine an acorn under a magnifying glass.

Promote problem solving

Treat everyday problems as learning opportunities. Say the TV remote won't work, even though you just replaced the batteries. Have your youngster think of solutions and test them. He might check that the batteries are inserted correctly, try batteries he's sure are fresh, or turn the TV off and on again.♥

Parent-child chats

Regular conversations with your youngster keep the two of you close—and build her language skills. Here are suggestions for making chats more meaningful.

- **Phrase questions thoughtfully.** Questions that require more than a one-word answer will lead to more informative answers. Try "What made you laugh today?" rather than "Did you have a good day?"
- **Show you're paying attention.** It's easy for busy parents to respond out of habit without focusing on what youngsters are really saying. Instead, look your child in the eye, and stop to consider her words. She'll know that what she has to say matters to you.♥

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Learning to be patient

Patience is a skill that can be learned. Kids who develop it tend to have greater self-control and even do better in school. Foster patience in your youngster with these tips.

Live in the moment. Encourage your child to enjoy what's going on right now, rather than looking forward to what will happen next. For example, she could look out the window at the sunset while she waits for you to get off the phone. Or if she's having trouble falling asleep because she can't wait to visit her friend tomorrow, she might focus on how warm and cozy she feels in her bed now.

Enjoy the payoff. Have your youngster think of something that took her a while to master, such as learning to read music. Then, remind her of how good she felt when she succeeded. Share an example from your life, too. *Idea:* Let her take on an activity or a project that requires patience, like growing a plant or putting together a jigsaw puzzle.♥

Top tips for standardized tests

How can you help your child do well on standardized tests? Consider this advice from teachers:

- "Emphasize effort rather than scores. Your youngster will feel more confident and relaxed on test day if he knows that doing his best is what counts the most."
- "Have your child do any practice tests or packets that the teacher sends home. Ask him about the material, and look over the work to be sure it's complete."
- "Make sure he gets enough sleep, at least 9–11 hours, each night. He'll be more alert and focused during the test."
- "Give your youngster a balanced breakfast on test day so he has energy and isn't distracted by a growling stomach. Whole-wheat toast, fruit, and yogurt make a brain-boosting combination."♥

Q & A: Autism: Support for parents

Q: *My daughter has autism, and although she's making good progress, she has some behavioral challenges. I'm a working single parent—how can I handle the demands?*

A: To take the best care of your daughter, you need to also take care of yourself. If possible, try getting up before she does. Take a warm shower, and enjoy a cup of tea. You'll feel calmer and ready to start the day on a positive note, which can help her behave better.

Also, look for people who will stay with your child while you recharge. You might run errands or try a new hobby. Ask friends, family, and neighbors if they're able to help or know anyone who can.

Finally, consider joining an autism support group. Connecting with other parents who face similar challenges will make you feel less alone, and you'll get information and advice for helping your daughter. Check online, or ask your child's doctor for referrals.♥

ACTIVITY CORNER: Pump up your memory

A good *working memory* lets your youngster switch back and forth between tasks and do work that involves more than one step. Sharpen his memory with these activities.

Story chain

Build a "repeating story" by remembering what everyone before you has said. One person starts with a sentence like "I'm riding a ____ to the ____," filling in the blanks. ("I'm riding a kite to the moon.") The next person repeats the sentence and adds his own sentence. Continue until someone skips a sentence, says them out of order, or can't remember one.

The last time I...

When was the last time you used a ruler or saw frost on a window? This game strengthens your child's power of recall. Take turns calling out a question, such as "When did you last eat an egg?" To answer, everyone needs to think about details and context. ("We had tacos in school on Monday. So it must have been Tuesday, when I got the salad bar and put hard-boiled egg slices on my lettuce.")♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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