

Daily Learning Planner

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

Bartow County Schools



THE
PARENT
INSTITUTE®

December • January • February **2019-2020**

December 2019

- 1. Start a healthy habit with your child, such as drinking plenty of water.
- 2. Does your child study well with others? If so, let her start a study group.
- 3. Talk about ways your family can do something for others this month.
- 4. Limit interruptions during your child's homework time.
- 5. Let your child "overhear" you talking positively about him.
- 6. Look online for a list of festive events. Plan to attend one as a family.
- 7. Help your child collect gently-used clothing she no longer wears to donate to charity.
- 8. Write your child's name in a vertical column. Have him use each letter to begin a line of a poem.
- 9. Test observation skills. Can your child describe someone that just passed by on the street? Challenge each other.
- 10. Talk with your child about a choice you have made. Then talk about the consequences.
- 11. Suggest that you and your child exchange surprise good deeds. Do unexpected favors for each other.
- 12. Limit drinks with caffeine at night. They can deprive your child of needed sleep.
- 13. React calmly if your child brings home a bad grade. Ask what she thinks she can do to improve it.
- 14. Tell a story with your child. Take turns adding sentences.
- 15. Bake cookies together. Have your child calculate what you would need to double the recipe.
- 16. Teach your child to read the utility meters and determine the amount of water and electricity your family uses each month.

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

- 17. Show your child stress-relieving techniques, such as deep breathing.
- 18. Encourage your child to ask *who, what, when, where, why* and *how* when doing research.
- 19. Ask your child to record "A day in the life of our family." He can take or draw pictures, or write down what he observes.
- 20. Challenge your child to plan and schedule a fun family evening.
- 21. Ask your child what three autographs she would like to collect if she could. Why would she choose those?
- 22. Have your child talk to older relatives about their childhood days.
- 23. Respect your child's privacy. It fosters self-esteem and independence.
- 24. Ask family members to write down two positive things about each member of the family.
- 25. Write your child a letter about his most admirable qualities.
- 26. Share stories that convey your family's values and history.
- 27. Talk with your child about her priorities.
- 28. Look for a skill you and your child can learn together. It's a fun way to get to know your child on a new level.
- 29. Help your child organize his room.
- 30. Ask your child for advice about a problem or decision you are facing.
- 31. Help your child set—and write down—goals for the coming year. Set some for yourself as well.

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January 2020

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- 1. Give your child a calendar (in print or in an app). Have her use it to keep track of school assignments and events.
- 2. Encourage your child to start a diary or journal.
- 3. Ask your child to name two ways he could be a better friend.
- 4. With your child, make a list of the best times you had together during the past year. Schedule time to do them again this year, if possible.
- 5. Talk with your child about an abstract concept, such as *justice*.
- 6. Discuss your expectations for your child's long-range education goals.
- 7. Have your child write down an estimate of how long an assignment will take. Then have her time how long it really takes.
- 8. Ask your child, "If you could change one thing about the world, what would it be?"
- 9. Review your rules about drug and alcohol use with your child.
- 10. Let your child invite friends to stay for a family dinner. It's a great way to learn more about his peer group.
- 11. Make sure your child eats a nutritious breakfast every day.
- 12. Have your child write a letter to an author, lawmaker or celebrity.
- 13. Ask your child what cartoon character she would be if she could pick any one.
- 14. Try to have a rhyming conversation with your child. It may be tough at first, but you'll get better!
- 15. Fill a basket with newspaper clippings and other conversation starters. Choose one at dinner.
- 16. Ask your child about his most challenging school subject. Together, brainstorm about ways to make it easier.

- 17. While your child does homework, do some quiet work yourself.
- 18. Visit the library. Look for a book your child and you might both enjoy.
- 19. Share a poem with your child. How does she interpret it?
- 20. Don't use problems with homework as an excuse to criticize your child or argue about other issues.
- 21. Keep credit card offers you receive. Ask your child to figure out the monthly interest on a \$100 purchase for each card.
- 22. Comment on one specific task your child did well today.
- 23. Ask your child to teach you something he's learning in school.
- 24. Show your child photos of herself as a baby. Talk about how special she was—and still is.
- 25. Let your child choose a recipe to follow from a cookbook.
- 26. Learn a new word at breakfast. Challenge family members to use it three times during the day.
- 27. Get a deck of cards. Each player turns over one card. The player who correctly multiplies the cards fastest wins them.
- 28. Compliment your child on something about his appearance today.
- 29. A *palindrome* is a word or phrase that reads the same forward and backward, like *mom* and *top spot*. Together, think of others.
- 30. List your priorities, including family. Does your schedule reflect them?
- 31. Point out an example of prejudice to your child. Talk about ways to deal with intolerance.

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February 2020

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- 1. With your child, brainstorm ways to reduce screen time.
- 2. Let your child daydream sometimes. It can strengthen creativity and coping skills.
- 3. Talk about your family's ethnic background with your child.
- 4. Encourage your child to brainstorm ways to solve problems at school—before asking for your help.
- 5. Watch a TV commercial with your child. Notice and discuss the techniques it uses to influence people.
- 6. Ask your child to add two four-digit numbers. Can she figure it out on paper before you can with a calculator?
- 7. Suggest a few activities that your child can do alone, such as drawing and putting together a jigsaw puzzle.
- 8. Have your child time how long a bus or car trip takes. How many miles did you travel? What was your average speed?
- 9. Patiently explain the reason for a rule your child doesn't like.
- 10. Help your child think of tough situations he might face. How would he handle them?
- 11. With your child, look for ways to add peaceful moments to your lives.
- 12. Encourage your child to be a humble winner and a gracious loser.
- 13. Have each family member prepare one part of a meal, then enjoy it together.
- 14. Cut out small paper hearts. Write a reason you love your child on each one. Tape them together to make a chain of hearts.
- 15. Practice active listening with your child. Listen carefully while she talks. Repeat what you hear in your own words.
- 16. Spend 20 minutes on DEAR time today (Drop Everything And Read).

- 17. Make raisins dance. Have your child add a few to a glass of clear soda. They rise as bubbles collect, and fall after bubbles pop at the surface.
- 18. Be positive about your child's ability to learn, even if he is discouraged.
- 19. Write your child a note of thanks for a time she helped you.
- 20. Look for an educational TV show or video to watch with your child tonight.
- 21. Make up trivia questions about your family. Quiz one another at the dinner table.
- 22. Take a walk with your child and use all five senses to observe the world around you.
- 23. Give your child a cereal box. Ask him to calculate how many calories he will take in if he eats one serving a day for 25 days.
- 24. Faced with a difficult parenting situation? Teachers and other parents at school can be helpful sources of advice.
- 25. Is your child overwhelmed by a task? Have her commit five minutes to working on it. She may realize it's not so bad.
- 26. Read a newspaper editorial with your child. Tell him if you agree with the opinions stated. Ask what he thinks.
- 27. Think about your expectations of your child. Ask if there's a new responsibility she thinks she could handle.
- 28. For more time with your child, create a new weekly ritual together.
- 29. Ask your child to recommend a book for you to read.

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