



What Can You Do to Help Your Child at Home

- Ask your child what he/she did that day in school that day and discuss what they learned.
- Ask to see your child's papers and notices from school every day to show you care about what they are learning
- Set a routine quiet time for your child do their homework each day and make sure the TV is not on to distract them.
- Make sure your child gets to bed at a reasonable bedtime to get proper rest so they will be able to function at their best each day.
- Set restrictions for the types of programs your child watches and the amount of time they are allowed to spend watching TV.
- Encourage your child to read newspapers and magazines and have discussions about what is going on in the world.
- Make sure your child has a personal space to keep his or her things; a place they can have as their own.
- Make sure children are always your child is prepared for each day at school by getting things ready the night before.
- Help your child to be ready and in a good frame of mind each day when they leave for school:
 - Breakfast
 - Routine
 - Notes to school written beforehand
- Visit your child's school as often as you can and establish good communication with their teacher.

