

Community Outreach Resource Network

How Can Families Help Their Children to do Better in School

All parents want their children to learn and succeed in school. But many parents don't know that they can make a big difference in how well their children do. School staff and community organizations can help by suggesting some simple steps families can take and providing them with opportunities to discuss and practice being involved with their children's learning, along with other parents.



Here are some "first steps" that families can take at home, even if they don't know much about school or the subjects their child is learning:

Talk about school with your child every day. Let him or her know that you care about what happens at school and expect her to do well.

Read with your child or have your child read to you. Even if you aren't a good reader yourself, you can be a good listener and

ask your child questions about what he or she has read. Your child should be able to bring home a reading book from the school library. (Some schools have been successful with small groups of parents who practice reading together to get accustomed to reading with their children.)

Make sure your child gets enough sleep. Teachers say that many children are too tired to learn when they come to school. Set a bed time on school nights and make sure your child goes to bed then.

Limit the time your child watches television. You may need to give up a favorite show of your own, but kids who watch too much television don't have time to read, and reading is the key to all other learning.

Talk with your child's teacher. You can find out what subjects are easiest for your child and what you can do to help. When teachers and parents work together, children do better!

You may want to practice some of these new behaviors, such as talking to your children about school, by getting together with other parents. It is easier to try something new if you get a chance to talk about it with another parent, instead of a teacher.

There are also good resources on the Internet for helping children. Ask if the school can make some of its computers accessible to parents so that you can become more comfortable with computers and use them at home with their children.

If you have a connection to the Internet at home or in the community, you might use it to spend time on activities that help children do better in school. Here are some Internet sites that can help you help your children (they help adults, too!).

www.teachersandfamilies.com

This site has activities and suggestions suggested by teachers to help children from preschool through high school. Activities for preschool children include worksheets and coloring activities, letters and numbers and getting ready to read. You may need to use a printer and paper to do some of the activities on this site.

www.megaskillshsi.org



“MegaSkills are the super basics –they are the attitudes, behaviors and habits that we need to be able to learn and to succeed in school and on the job.”

- Motivation
- Effort
- Responsibility
- Initiative
- Perseverance
- Caring
- Teamwork
- Common Sense
- Problem Solving
- Focus
- Confidence