



Guidance and Discipline Tips

21. Use rewards and consequences to encourage change. Consequences are most effective when they are reasonable and logical. For example, a logical consequence for not being ready for school on time is an earlier bedtime.
22. Know the TV shows and videos your child watches. Provide guidelines and set limits.
23. If you believe that your child is involved in an activity that's wrong or harmful, listen to your instincts and take appropriate action.
24. Give your child a little more freedom each year.
25. Never use physical punishment, and never take away a positive activity (e.g., sports, scouts) as a punishment.
26. If your child has done something wrong, focus on the behavior, not the child. Good kids sometimes make bad choices.
27. Remember that smiles and hugs can do wonders. Use them often!

More Parenting Tips

28. Keep your sense of humor.
29. Take family trips to libraries, museums, parks, and zoos. It's important for children to discover that learning can take place anywhere.
30. Teach your child basic social behaviors, such as phone etiquette, writing thank you notes, and having a firm handshake.
31. Make sure that your child gets enough sleep. Elementary students should get 10–11 hours of sleep each night.
32. Give your child age-appropriate chores (e.g., set the table, feed a pet). Helping around the house will teach your child responsibility.
33. Encourage independent problem solving. When children learn how to solve their own problems, they become more confident.
34. Teach financial responsibility. Give your child an allowance and set up a savings account.
35. Be a good role model. Children learn their behaviors and attitudes from their parents more than from anyone else.

"It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings."

Ann Landers



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Elementary Parent InfoGuide

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732-20

Parenting Tips



You Make the Difference!



Parenting Tips

Be a Great Parent! Parenting Tips

Being a good parent doesn't involve doing extraordinary things. It's the little things you do every day that are the most important.

Use these tips to help your child thrive and grow!

Parent Involvement Tips

1. Regularly spend one-on-one time with your child doing something you both enjoy.
2. Make education a top priority. Get to know your child's teachers and monitor your child's academic progress.
3. Set aside 20–30 minutes each day for reading. Read to your child, have your child read to you, or have family reading time.
4. Get to know your child's friends and their parents. Have your child invite friends over.

5. Encourage a healthy lifestyle. Have nutritious food at home and make sure that your child gets plenty of exercise.
6. Look for teachable moments. For example, if there's a storm, talk about what causes thunder and lightning. If you don't know, try to find the answer together.
7. Encourage your child to dream about the future. Talk about the variety of careers people have, and choose a few careers to explore together.
8. Spend time together outside. Go for nature walks, hikes, and explore the natural world.
9. Help your child develop his/her interests and talents. Celebrate the things that make your child unique!
10. Pay attention to your child's moods, sleeping patterns, and eating habits. These can be good indicators of how things are going at school and with friends.
11. If your child plays a sport, support the players and coaches, go to every game, and cheer.
12. Understand the technology your child uses and know where your child goes online.



13. Spend time every day discussing what went on in school. Ask questions that require more than one word answers. Instead of "How was school?" say "Tell me about your day."
14. When you talk to your child, turn off the TV and the radio, and put your phone away. Give your child your full attention.
15. Talk about what's happening in your community and the world. Listen to your child's thoughts and ideas.
16. Discuss the importance of kindness. Encourage your child to respect others and to help those in need.
17. Talk to your child about the dangers of alcohol, drugs, and smoking. Make sure your child knows where you stand on these issues.
18. Eat dinner as a family as often as possible. Turn off the TV and talk about your day.
19. Tell family stories. Hearing stories about their relatives gives children a sense of belonging.
20. Discuss bullying. Encourage your child to tell you if a student ever bothers him/her at school.