

To Get Success, Expect It!

Whether they do it consciously or not, children work hard to do what they believe is expected of them. So tell your child, and show him, what you expect—and you'll get results. To make the most of your expectations:

- **Choose carefully.** Make sure your expectations are reasonable. If your child has been getting D's in math, don't expect him to get an A+ on the test tomorrow.
- **Show your child what you expect.** Go over expected behaviors that cover different places and situations—home, school, homework, shopping, visiting friends, etc.
- **Be consistent, but flexible.** Don't change your expectations just because you've had a rough day. But be ready to reevaluate and make changes if



your expectations are not realistically within your child's reach.

- **Don't forget to celebrate success.** Give praise when it's due. "Your teacher tells me you were very kind to the new boy in your class. I'm so proud of you."

Firm, Fair & Consistent

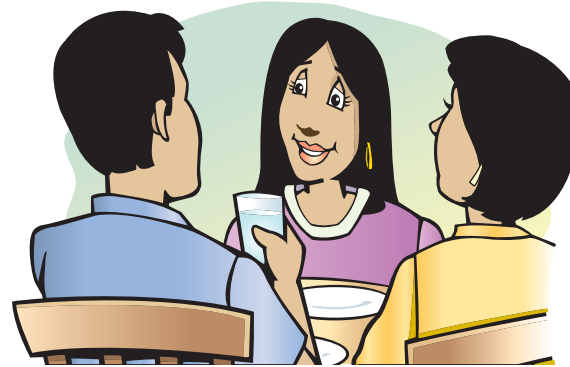
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Give Your Child The Gift of Time

You are the most important person in your child's life, and to become a well-disciplined person, she needs your love, your support, your example and your time. Spending time with your child doesn't mean going on special outings, although those are a nice treat. It means including her in your life. Here are some simple ideas:

- **Make an appointment.** If the demands of your day let time slip away, then schedule time with your child! Block out an hour every evening for a family meal or relaxation time.
- **Do chores as a family.** Have your child work alongside you and you will accomplish several things: You'll teach your child responsibility, you'll gain an extra hand and you'll complete meaningful work—together.

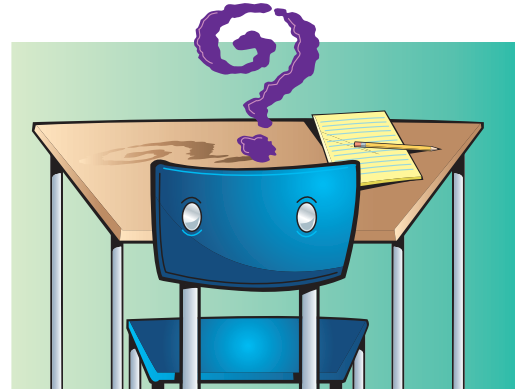


- **Enjoy “downtime” together.** Listen to music your child enjoys. Watch a movie or TV show together. Your child will appreciate your interest. This also provides opportunity for conversation. Ask your child to explain why she likes her favorite show or music.

Make Regular School Attendance a Priority

You may not think you're doing anything special when you help your child get off to school each morning. But think again! Experts say that nothing is more important to school success than the routine and discipline of regular attendance. Here's why:

- **Students can't learn when they're not in class.** Learning depends on teachers working with students. It depends on hearing answers to questions other students ask. And it depends on group work and using school resources.
- **Learning builds day by day.** Today's learning builds on what happened in class yesterday. If your child was absent, there's no foundation to build on.
- **Regular attendance teaches responsibility.** A child who attends school regularly takes responsibility for following rules—and stays out of trouble at school.



Show your child that you believe school and attendance are important. Plan vacations, shopping trips and medical appointments for non-school hours. Help your child form routines that make it easier to be on time, such as setting out clothes the night before.

Home-School Partnership Boosts Achievement

Parents sometimes feel that education is so important that it should be the job of educators. But teachers can't do the job alone. Working together as partners with the school, you can help instill the desire for success in your child.

To support your child's learning:

- **Provide resources at home.** You don't need a lot of expensive equipment, but you should provide a quiet, well-lit place for your child to study. Having a few basic tools, such as pens, pencils, paper and a dictionary will make studying easier.
- **Monitor homework.** Even if you don't remember the math you studied in school, you can still help by making sure your child sticks to a daily homework schedule and completes all his assignments. Encourage your child to do his best.



- **Stay in contact with the teacher.** Discuss your child's academic progress. Talk about behavior concerns. Ask what the teacher has observed.
- **Support school policies.** Read the school handbook. Discuss all the rules and behavior expectations with your child.

You can help develop a well-disciplined child by working in partnership with your school.

Promote Respect With The Three C's

Respect is one of the most critical values you can teach your child. Being respectful will help your child get along with everyone around him. And teachers value respect in the classroom too. Teach respect with the three C's:

- 1. Communication.** Respectful people ask others for their viewpoints, feelings and opinions. Tell your child he may not always agree, but he should listen attentively and not interrupt.
- 2. Courtesy.** Manners count. *Please* and *thank you* really are magic words. Don't save them for special occasions. Practice them daily. And teach your child that simple gestures such as allowing someone to go first or holding doors for others can go a long way toward earning respect in return.



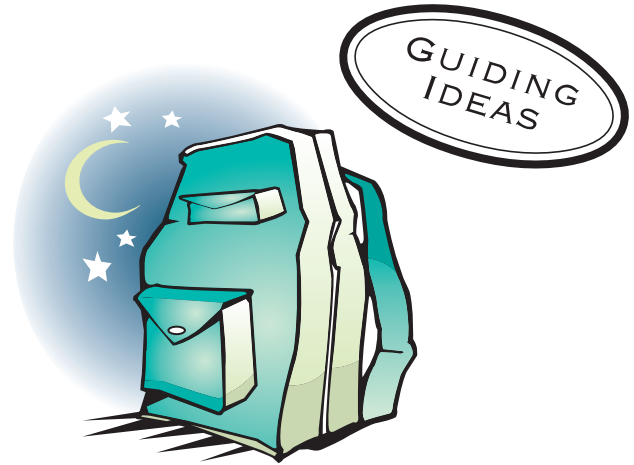
- 3. Consideration.** A respectful person understands that it's not "all about me." Teach your child to be considerate of others and follow the Golden Rule by treating others with the same respect and kindness he wishes to receive.

Responsibility Improves With Practice

A child who learns and accepts responsibility will do better in school and grow up to be a productive, responsible adult. It would be nice if learning responsibility happened overnight. But it's a work in progress—and it takes practice.

Here are some things you can do to let your child practice responsible habits every day:

- **Give your child an alarm clock.** Expect her to get herself ready for school in the morning.
- **Establish a regular homework time.** This will make it easier for your child to be responsible for her schoolwork.
- **Have a set place by the front door** where she can place her backpack every night—ready to go with everything she needs for school the next day. Have her pack her lunch at night too.



Don't expect perfection. Remember that mistakes happen to everyone. Allow your child to experience the consequences of her mistakes—and she will learn important lessons about responsibility. If you're always running to her rescue, she'll only learn that she doesn't have to take responsibility for anything.

Remember that it's just as important to reward responsible behavior as it is to comment on mistakes.