

# Tips to Help Your Child Succeed in School

## Make Time for Reading Together

Make your home a place for books and learning.

## Getting Enough Sleep

Help your child get between 8-9 hours of sleep.

## Make Time to Talk about School

Each day, talk about how things are going in school.

## Create Healthy Routines

Help your child follow the same routine so they know what to expect each day.

- Eat dinner at about the same time each night.
- Start getting ready for bed at the same time each night.
- Turn off phones, video games, and TV 30 minutes before bedtime.



## Practice Respect

Help your child learn that respect means treating others kindly and following rules.

### At Home

- Use kind words like “please,” “thank you,” and “excuse me”
- Listen when parents or adults are speaking
- Follow house rules and complete chores
- Speak calmly instead of yelling or arguing

### At School

- Listen when teachers are talking
- Follow classroom rules and directions
- Be kind to other students and keep hands to yourself
- Raise your hand and wait your turn to speak

## Create Homework Routines

Set a daily homework time and place so your child learns that schoolwork is important.

- Pick a quiet place with no TV, phones, or games
- Have your child start homework at the same time each day
- Check that the homework is finished and placed back in the backpack



## Get Your Child to School on Time



- Set an alarm and wake up early enough to avoid rushing.
- Lay out clothes, backpacks, and lunches the night before.
- Leave the house early so your child arrives before the bell.

**Together, we help our children shine!**