

# 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.

## **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.

## **Make Time to Talk about School**

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

## **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!**