

Daily Learning Planner

*Ideas parents can use to help students
do well in school*

Grand Erie District School Board
Growing Excellence ... Inspiring Success



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Help your child set goals for the coming year. Set some for yourself, too.
- 2. Review the goal your child set in September. Celebrate progress he's made toward reaching it.
- 3. Help your child research her dream job. How could she begin to prepare for it now?
- 4. Encourage your child to take a five-minute break after every 30 minutes of homework.
- 5. Suggest that your child write a letter to a teacher or coach who has positively influenced him.
- 6. Make school attendance a priority. Let your child stay home only when she's sick, or there is a family emergency or religious holiday.
- 7. Invent something with your child.
- 8. Respect your child's privacy. It boosts self-esteem.
- 9. Help your child think of ways to say *no* to smoking.
- 10. Ask your child to plan and schedule a fun family night together.
- 11. Talk with your child about how rights come with responsibilities.
- 12. Practice your child's favorite sport with him.
- 13. Encourage your child to participate in a volunteer activity.
- 14. Is your child facing important exams this month? Make sure she gets enough sleep the night before.
- 15. Encourage your child to break large tasks into small parts. This makes projects less overwhelming and easier to finish.
- 16. Teach your child to ask *who, what, when, where, why* and *how* when doing research.
- 17. Review your family's schedules. Do they reflect your priorities?
- 18. Have family members write down two positive things about everyone in the family, including themselves. Share at dinner.
- 19. Talk to your child about what he likes most about his classes.
- 20. Ask your child to brainstorm dinner ideas for the week.
- 21. Make a household rule as a family. Write it down, along with the consequence for breaking it.
- 22. Suggest a few recreational activities that your child can do alone.
- 23. Call out words from the dictionary during breakfast. Take turns guessing how to spell and define them.
- 24. Tell your child that when studying history, acting out past events brings lessons to life.
- 25. Check on your child's grades. Do they meet her expectations and yours?
- 26. Let your child take over a responsibility you've previously done for him. Present it as a step toward independence.
- 27. When your child faces challenges, say, "Go for it!" or, "You can do it!"
- 28. Limit drinks with caffeine at night. They can deprive your child of needed sleep.
- 29. Brainstorm about something with your child. For example, how could your family save money on electricity?
- 30. Review what your child should do in an emergency, such as a fire.
- 31. Say "I love you" to your child today.

Helping Students Learn
MIDDLE SCHOOL
Tips Families Can Use to Help Students Do Better in School