101 WAYS TO HELP YOUR CHILD/TEEN HAVE A SUCCESSFUL SCHOOL YEAR
101 Ways to help your child/teen have a successful school year

1. Talk positively about teachers, education, and homework. In general, and in regards to their school.
2. Show interest in what your child is learning. Ask, ask, ask!
3. Ask questions about their school day. Even if you anticipate the answers “I don’t know” or “Nothing”
4. Set an example by continuing to learn yourself. Those who don’t flourish, wither.
5. Let your child teach you. Experience what it’s like to be the student, again.
6. Help find ways to apply their learning to everyday life. You need a reason to tell them, “that’s why you have to go to school!”
7. Avoid comparing your child’s grades with others. They’re as individual as you are!
8. Develop realistic expectations. Challenge them without setting them up to fail.
9. Provide a quiet place for homework. Placing the emphasis on what you deem as important.
10. Set aside a regular study time. Work before play….that’s life, isn’t it?
11. Go over your child’s work with them. Just because they’re in high school doesn’t mean they know it all, right?
12. Encourage them to read at home. Magazine or newspaper subscriptions; whatever interests them.
13. Set aside at least 15 minutes for yourself every day to read. They should see you reading for pleasure or knowledge.
14. When your child is reading, teach him/her to ask questions by asking them questions about what they’re reading. Inspires inquisitive reading.
15. Ask them to read a recipe to you and ask for their help in preparing the meal. Knock out supper more quickly and enjoy some one-on-one time with your child in the process.
16. Don’t make it easy to watch TV. Set reasonable TV time limits.
17. Develop a consistent and effective discipline plan. It’s never too late to start.
18. Support the school’s discipline plan. Show your support of the administrators and their decisions.
19. Help your child learn from his/her mistakes. The lessons remembered are the lessons learned.
20. Visit school often. Stop by as a guest, parent volunteer, or mentor.
21. Get involved in the classroom. No better way to say, “School is important,” than taking part.
22. Communicate with teachers. Let your child know that you’re in the know!
23. Tell the school what is going on at home. What can we do to help your child?!
24. Volunteer to help with special projects. Faculty/staff consider you as part of their family…work together!
25. Keep books in your home. Reading is the window to the world.
26. Visit the library – it’s free! Encourage reading, spur curiosity; and do it together.
27. Praise progress and good work. A little compliment goes a long way.
29. Listen. Teach them to be good listeners by setting the example.
30. Don’t criticize. Chances are, they’ve already criticized themselves, anyway.
31. Don’t expect perfection. If we’re not perfect, how can we expect them to be?
32. Learn to let the little things pass. “Pick your battles wisely.”
33. Don’t focus too much on grades. Place more emphasis on attitude and knowledge gained.
34. Focus on their efforts. Employers want hard workers, not just those who just look busy.
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35. Ask your child's opinion. Everybody has one – make them feel valued.
36. Let them do their own thinking. As tempting as it may be, let them earn their own grades, not yours.
37. Take family field trips. Making memories doesn’t take a lot of money or gas.
38. Model the behavior you want your child/teen to have. The best teacher is an example.
39. Have discussions with your child. It makes them feel important and you'll gain a friend.
40. Participate in PTO. Be part of the decision-making process for school support.
41. Come to parent/teacher conferences. Teacher's information + Parent's Interest = Successful Graduate.
42. Take advantage of everyday opportunities to teach about the world. Life lessons have the greatest impact.
43. Talk about what is going on around you (news, weather, ideas.). It may not all be “good” but it is real.
44. Point out interesting objects and facts. Let your child know what you find interesting.
45. Treat your child as an individual. Respect is mutual.
46. Stimulate creativity at any age. Art comes in many forms. What is yours?
47. Feed healthy breakfasts. Brain-food is necessary for a good start.
48. Establish, if you haven’t already, a routine bedtime and stick to it. The whole family benefits.
49. Encourage good attendance. Good attendance is required at school and work.
50. Cook and clean together. This enforces math, reading skills and responsibility.
51. Play games. You’re never too old for fun!
52. Encourage healthy interaction with others. Communications and cooperation is a necessary component of career success.
54. Encourage them to collect something of interest (autographs, coins, etc.). Goal-setting in action.
55. Attend school board meetings. An active voice is loudly heard.
56. Get to know your principal, vice principal, counselor and other administrators at school. Just like you, they care about your child.
57. Show your child love. Hugs know no age boundaries.
58. Be patient. And just maybe your child will develop patience.
59. Don’t be afraid to ask for help from school staff. That’s what they’re trained to do – HELP!
60. Focus on success by listing 10 things your child does well. Let them see their strengths in writing.
61. Post the list on the wall where they can see it every day. Repetition is positive reinforcement.
62. Teach them not to procrastinate. Rushed work is usually sloppy work and creates anxiousness.
63. Help them set goals. Future-planning is a great gift to give a child.
64. For any task that your child dreads, teach them the relief of completing assignments/duties timely and efficiently. “Doesn’t it feel good to have that out of your way? Want to catch a movie now?”
65. Celebrate good behavior, good efforts. Traditions can include ice cream cones or quality time.
66. When they have a problem, teach him/her to brainstorm for solutions. Always ask, “What are your choices and resulting consequences?” And make them think of more than one.
67. Keep a bulletin/dry erase board for them to write down upcoming events in their room. Organization is a life-long beneficial tool teens/children can develop.
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68. Help them see the progress they have made over the year. **Sit down to point out improvements in grades, extracurricular activities and sports. Don’t forget to smile!**

69. Encourage participation in after-school activities or employment. **Help them get a jump-start on characteristic qualities developed in organized activities or jobs.**

70. Teach positive self-talk. “I can do it!” **Practice makes perfect. You try it too!**

71. Catch them doing something right. **Call them on it! Tell them how proud they should be of themselves.**

72. Help teach them how to break a large job into smaller achievable tasks. **Give a sense of accomplishment.**

73. Use a journal to motivate them to write. **Self-reflection promotes motivation.**

74. Give your child undivided attention (turn off the TV, don’t answer the phone for 15 minutes each day. **Let them know that everything else can wait.**

75. Reward your children with time together. **Make your child your best friend.**

76. Watch educational programming as a family. PBS, Discovery Channel, History Channel.

77. Display their work in your home. **Put completed projects on display for a little while.**

78. Help them collect awards, ribbons, and certificates in a scrapbook. **Document their successes.**

79. Set aside family time. **Reestablish family priorities.**

80. Go for a walk. **Take in nature’s beauty while clearing your lungs and your head.**

81. Schedule regular check-ups. **Preventative medicine is the key to good health.**

82. Teach good hygiene. **Healthy reminders instill good habits.**

83. If your child gets sick, keep him or her from school. Rest speeds healing and limits exposure.

84. Teach independence. **A sure esteem-builder is an “I can do it” attitude.**

85. Give them responsibilities in your home. **Teach them to share ownership of your home.**

86. Don’t speak badly about your job, boss, or co-workers. **Negativity is contagious.**

87. Set priorities for yourself. **Demonstrate the importance of self-respect through priorities.**

88. Put your child at the top of your priority list. **Enough said.**

89. Don’t beat yourself up if you go to bed with dirty dishes. **Let your children see your human side. They need to see that adults aren't perfect, either.**

90. Find ways to relieve your own stress. **Create a happy, stress-free home – starting with you.**

91. Start every day with a fresh attitude. **Each sunrise presents a new opportunity to start over.**

92. Tell your child you love her/him EVERY DAY! **They can never hear it enough!**

93. Give your child a hug every day. **Affection makes one feel their worth.**

94. Never quit learning. **“Learning is not compulsory. Neither is survival.” – W. Edwards Deming**

95. Rely on friends, family, support groups, your church or other organizations for support. **There is strength in numbers.**

96. Remember you cannot do everything yourself. **And neither can your children.**

97. Remember that the school staff are there to help, not hurt, you and your child. **They care.**

98. Teach safety rules. **Say it again, and again, and again.**

99. Look at a map together. **Explore the possibilities.**

100. Use time in the car to talk, review agendas, or sing together. **Silence doesn’t get anything accomplished.**

101. Teach your child not to fear failure. It is a step towards success. **“You don’t drown by falling in the water; you drown by staying there.” – Edwin Louis Cole.**

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