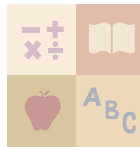


10 Ways for Parents to Help Teachers

1. Create a smooth takeoff each day. Give your child a hug before they venture out the door and you head to work. Look them in the eye, and tell them how proud you are of them. Your child's self-confidence and security will help them do well both in school and in life.
2. Prepare for a happy landing at the end of the day when you reconvene. Create a predictable ritual such as 10-20 minutes listening to your child talk about their day—before you check phone messages, read the mail, or begin dinner. That way you are fully present to listen, and your child has a touchstone he can count on between school and home.
3. Fill your child's lunchbox with healthy snacks and lunches. Have dinner at a reasonable hour and a healthy breakfast. A well-balanced diet maximizes your child's potential.
4. Include calm, peaceful times in your children's afternoons and evenings. Maintain a schedule that allows them to go to school rested, and if they are sick, have a system in place so they are able to stay home.
5. Remember it's your children's homework, not yours. Create a specific homework space that's clutter-free and quiet. Encourage editing and double-checking work, but allow your kids to make mistakes, as it's the only way teacher's can gauge if they understand the material. It's also how children learn responsibility for the quality of their work.
6. Fill your child's life with a love for learning by showing him your own curiosity, respecting their questions, and encouraging their efforts.
7. Fill your home with books to read, books simply to look at, and books that provide answers to life's many questions. The public or school library is an excellent resource.
8. Be a partner with your child's teacher. When you need to speak to him or her in reference to a specific issue with your child, do it privately, not in front of your child. Make a point never to criticize your child's teacher in front of your child.
9. Set up a system where routine items are easily located—such as backpacks, shoes, signed notices. Create a central calendar for upcoming events to avoid the unexpected.
10. Tuck a “love note” in your child's lunch bag to let them know how special they are. Knowing they are loved makes it easier for children to be kind to others



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