

Parent Tip Sheet

November

Tips & Tricks



Behavior

Establish clear expectations at home. Revisit your 3-5 “house rules” that apply to all family members. If you haven’t done this before, it might be a good idea to sit as a family and discuss. If family members are working from home, it is important to set up guidelines to allow this to happen. Define when the family member can be “interrupted” but also set up times to frequently check in with your children who require less supervision.

Providing Praise

Use praise and rewards wisely and strategically. Be sure to praise and reward your child for good behavior, but especially for behavior related to student engagement, such as completing assignments, receiving good grades, and expressing and demonstrating an interest in school activities.

Continued Learning

If your child has completed his/her homework and wants to watch a favorite program, use that time to reinforce reading skills. Turn on the closed captioning so your child can read along as he watches and listens to the program.

Calm Down Time

Make a glitter jar! Certain visual stimulation can awaken our senses and calm feelings of anxiety or anger. Watching glitter swirling and floating in a jar of water can encourage children’s self-management, as they learn to pick up their glitter jar and calm their strong emotions with greater independence.

Role Modeling

Be an active listener by asking your child questions that relate to the conversation they are having with you. Also, make sure to give them the opportunity to talk about things that interest them.