

## What can parents and families do at home to help their children succeed at school?

Here are some useful tips...

- Make sure your child knows you are interested in his/her success at school
- Express your expectations positively... *“Johnny I expect you to do your best in your school work aim for 100%”. “Susan I expect you to listen to your teacher”.*
- Monitor homework. Children who attend school always have homework.
  - Give your child time to do his/her homework.
  - Have a suitable place where your child can work quietly
  - Ask – “What do you have for homework today?”
  - Establish rules and daily routines
  - Supervise
- Make sure your child has enough sleep, a nutritious diet and exercise
- Encourage your child to read
- Read with your child
- Listen to your child. Encourage him/her to express himself/herself about things he/she has seen or done.
- Pay attention while your child is speaking.
- Help children learn self-control and manage stress.
- Encourage a belief that your child can succeed in spite of obstacles
- Effective practice makes the difference.
- Encourage your child to study often.
- Success builds on success
- Work with the school and show a real interest. Remember your child is taking note of your interest in his/her education
- Keep in touch with your child’s teacher(s).
- Always represent your children at parents’ meetings.