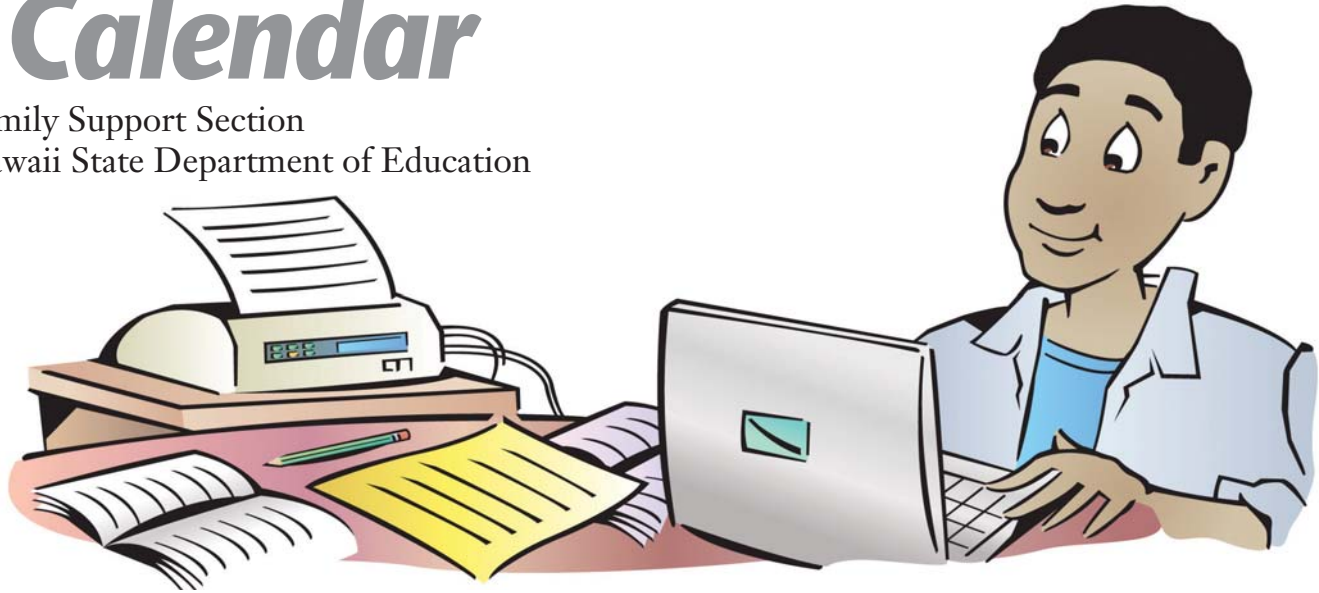


Parent Pointers

Calendar

Family Support Section
Hawaii State Department of Education



THE PARENT INSTITUTE®

Parent Pointers

Calendar

Middle School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2009				1 Have your child make a step-by-step plan to reach a New Year's goal.	2 Learn the symptoms of eating disorders, and never criticize your child's looks.	3 Teach your child to make to-do lists and check off finished tasks.
4 Mention how education has helped you in your job and everyday life.	5 Consider setting a minimum study time. This can prevent rushing through homework.	6 Develop a morning routine for your family. Life may become easier for everyone.	7 With your child, make a graph of family characteristics, such as hair color or bedtimes.	8 If your child wants to talk at an inconvenient moment, promise to talk later.	9 Tell your child a story about a positive way you resolved a conflict.	10 Help your child open a savings account at a local bank. Discuss how much she should regularly set aside.
11 Scan the classified ads for jobs with your child. Which educational requirements are common?	12 Adolescents can be too critical. Praise your child when he is kind to others.	13 Help your child make a savings plan for a special purchase.	14 Help your child consider consequences before she makes a decision.	15 Have fun making up silly, friendly nicknames, such as "Hilarious Hannah."	16 Take your child to a high school sporting event. Talk about his goals for high school.	17 Compare food labels at the grocery store. Find the healthiest brands and best values.
18 Sort through photos and put them in albums. Let your child write captions.	19 Show your child her baby book. Talk about how special she was—and still is.	20 Look for opportunities to compromise with your child (without risking his safety).	21 Take turns making statements with your child. Identify each one as fact or opinion.	22 Cook a special breakfast for your child. Good nutrition can improve grades.	23 Learn a new word at breakfast. Challenge family members to use it three times that day.	24 See a movie with your child. Then share your "reviews."
25 Hand your child her favorite section of the paper, even if it's the comics.	26 Ask your child to teach you something, such as a computer skill.	27 Discuss ways to handle stress, such as talking, exercising or writing in a journal.	28 Let your child make choices about his wardrobe within reasonable limits.	29 Encourage your child to write a letter to the editor of a local newspaper on a topic that concerns her.	30 Remind your child that you will always love him, no matter what.	31 Make up rules for a new game with your child. Then play it together. Refine the rules if necessary.