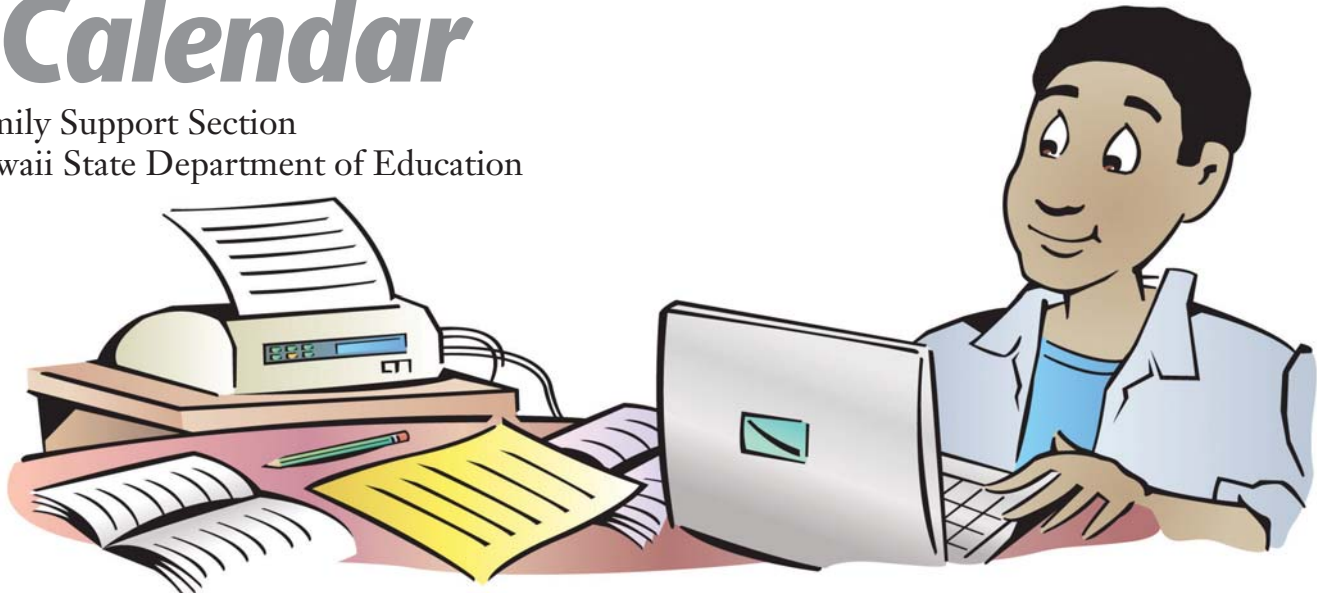


Parent Pointers

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
1 Let your child see you reading for pleasure. This sets a good example.	2 Start keeping a family television diary. See what—and how much—you're watching.	3 Read a book about middle schoolers. It may help you understand your child better.	4 Celebrate National Nutrition Month by shopping for extra-healthy foods.	5 Encourage imagination. Ask questions like, "How do you think that book will end?"	6 Take advantage of any chances you have to talk with your child. Kids this age tend to talk less.	7 Teach your child a fun skill, such as how to juggle fruit or use a yo-yo.
8 Try to have a rhyming conversation with your child today. It may be tough at first, but you'll get better!	9 Teach your child a three-step process for any job: Plan, do, finish.	10 Tell your child a story about when you were a middle schooler.	11 It's Johnny Appleseed Day. Do research to find out why he is honored.	12 Forbid your child to smoke. If you smoke, make every effort to quit.	13 Does your child want to see a movie? Consider seeing it yourself first to make sure it is appropriate.	14 Let your child choose clothes to buy within your budget and your guidelines.
15 While shopping, have your child use math to compare prices.	16 Kids who can't see well have trouble reading. Have your child's vision checked, or make an appointment to do so.	17 Think of onomatopoeias with your child (words that sound like their meanings), such as <i>buzz</i> .	18 When your child expresses an opinion, encourage him to support it with facts.	19 Have your child write a letter to a company about a product she uses.	20 Brainstorm about something, such as how your family can lower the electric bill.	21 Get some exercise with your child. Let him suggest an activity.
22 Have a formal family dinner. Everyone should dress up and use their best manners.	23 Suggest that your child start a book club with friends. Offer to host meetings at your home.	24 Give your child plenty of privacy. For example, knock before entering her room.	25 Suicide rates have risen among middle schoolers. Learn the warning signs.	26 Check out an astronomy book at the library. Can your child find a constellation in the sky?	27 Help your child make a checklist of things to remember before leaving for school.	28 Take turns choosing videos to rent. You'll learn about your child's interests.
29 Post a funny saying or comic strip where your child will see it.	30 Explain a family rule to your child instead of just saying, "Do it because I said so."	31 Play a game that teaches strategy skills, such as tic-tac-toe, checkers or chess.	March 2009			