



4 Ways to help your child make this school year great

It's the start of a new school year and you want to make it a great one. Researchers at Indiana University found that children did better in school when their parents taught them how to:

1. **Be positive about challenges.** The children who do their best in school are those who approach a new task with a positive attitude. Look for ways to model that behavior at home: "I don't know how to use this computer program. Shall we figure it out together?"
2. **Break down big assignments.** Reading an entire chapter book may seem overwhelming. But reading one chapter is something your child can do. Teach your child to break down tasks into smaller, achievable steps.
3. **Pay attention to instructions.** A classroom runs more smoothly when students do what the teacher says. Your child's score on a state test could be lowered if he doesn't fill out the answer sheet correctly. So spend time at home learning to follow directions. Cook together and talk about what happens if you don't follow the recipe exactly.
4. **Solve homework problems on their own.** If your child can't figure out the answer to a math problem, help them think about a way to find the answer. Ask, "Have you worked on other problems like this?"

Article from The Parent Institute

Source: A.D. Sticht and others, "Instruction Begins in the Home: Relations Between Parental Instruction and Children's Self-Regulation in the Classroom," *Journal of Educational Psychology*, American Psychological Association.