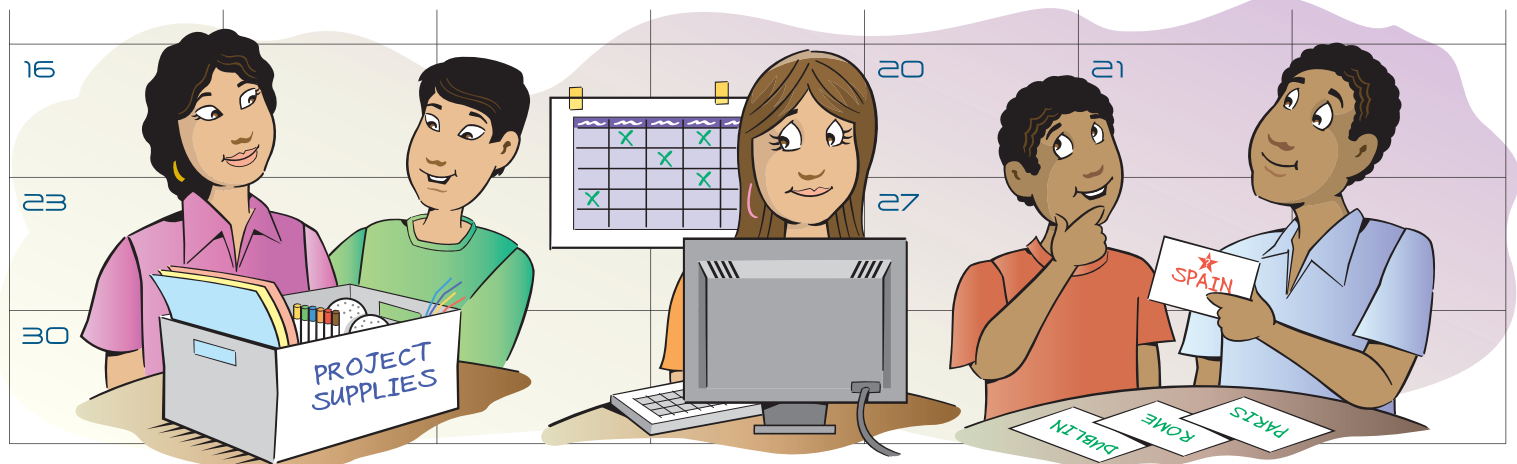


Parent Pointers

Calendar

McCracken Middle School



THE PARENT INSTITUTE®

Parent Pointers Calendar

Middle School Parents *still make the difference!*

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Help your child set a goal and write a plan to achieve it this year.	2 Encourage your child to start a diary or journal.
3 Start having weekly family meetings. Talk about family news and goals. Celebrate successes.	4 Strive to eat together as a family at least once every day.	5 Discuss an international news event with your child. Ask her how it affects your country?	6 Remind your child to choose friends carefully. People will judge him in part by who his friends are.	7 Encourage your child to ask at least one question in each of her classes regularly.	8 Remind your child how important it is to turn in work. Just one zero can bring down a grade an entire letter.	9 Encourage healthy eating. Allow your child to choose some fruits, vegetables and other healthy snacks at the grocery store.
10 Try to have a rhyming conversation with your child. It may be tough at first, but you'll both get better!	11 Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.	12 Talk to your child about social media. Does he use Facebook, Twitter, Instagram? Be sure to check his pages often.	13 "Because I said so!" may be frustrating for your child to hear. Explain your reasoning to her when possible.	14 Help your child manage homework without actually doing it for him.	15 Ask your child to draw a diagram of something she is learning in school and share it with you.	16 Make today a no-TV day. Let your child be responsible for thinking of alternate activities.
17 Invent a recipe with your child. If it doesn't work, have your child brainstorm ways to fix it.	18 Ask your child to tell you about the assignments he has due this week.	19 Create a word search for your child by hiding words in a grid and surrounding them with random letters.	20 Admit and apologize to your child when you're wrong.	21 Talk about the advertisements when you're watching TV with your child. How are they trying to persuade viewers?	22 Ask your child to figure out the average of something, such as family members' ages.	23 Check out a book on simple science experiments your child can do at home. Try one with her.
24 Thank your child for something.	25 Have your child use the letters in his name to write a poem about himself.	26 Try to remember your life as a middle schooler. It can help you relate to your child.	27 It's the birthday of Wolfgang Amadeus Mozart. Celebrate by listening to some of his music with your child.	28 Encourage your child to find out when teachers are available to give extra help.	29 If your child is having trouble starting a paper, have her write just one sentence and take a short break.	30 Spend 20 minutes on DEAR time today (Drop Everything And Read).
31 Take a walk with your child today.						