1. Post a list of important school phone numbers in a handy place.
2. Strive to eat at least one meal as a family every day.
3. Encourage your teen to set three or four learning goals for this school year. Help him plan steps to meet them.
4. Teens often tell you as much through behavior as through words. “Listen” to your teen’s body language.
5. Give your teen a planner or a small notebook. Make sure she writes down all homework assignments.
6. Help your teen improve his vocabulary. Do a crossword puzzle together.
7. Play a board game with your teen.
8. Ask your teen for suggestions of nutritious snacks to have on hand.
9. Teens need to set aside time every day for schoolwork. Establish a regular study schedule.
10. Discuss your teen’s commitments outside of school. Does she have enough time for homework every night?
11. Talk with your teen about what makes a good friendship.
12. Don’t pay your teen for regular chores. Helping out should be every family member’s responsibility.
13. Ask your teen to show you a favorite app or website.
14. Collect contact information for your teen’s teachers. Ask about the best ways and times to communicate with them.
15. Teach your teen to use positive self-talk, such as “I can do this.” It helps keep teens motivated.
16. Remind your teen that using inappropriate language is disrespectful and will lower others’ opinions of him.
17. Learn a new skill with your teen, such as calligraphy.
18. Review school safety rules with your teen. What behavior could cause suspension from school? Expulsion?
19. Remind your teen to use you as a scapegoat if necessary: “Sorry, but my parents want me home tonight.”
20. Watch a funny movie with your teen.
21. Challenge your teen to design a simple piece of furniture.
22. Is your teen getting enough exercise? Take a brisk walk together today.
23. Leave a cartoon your teen might enjoy by her place at the table.
24. To encourage saving, consider matching your teen’s savings with an equal contribution.
25. Stop by your teen’s room at bedtime. It’s often a good time for conversation.
26. Don’t fight about clothes. Give your teen a budget and let him take responsibility.
27. Talk with your teen about a mistake you’ve made and what you learned from it.
28. Take your teen to the library. Check out two copies of the same book so you can read it together.
29. As a family, create scrapbook pages with pictures and mementos.
30. Talk about ways your teen can show teachers respect: arriving to class on time, following directions and participating.

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