

# Daily Learning Planner

*Ideas parents can use to help students  
do well in school*

Locust Grove Public Schools District 101  
District 1017



THE  
**PARENT**  
INSTITUTE®

## September 2020

## Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Give your child a notebook or planner to write assignments in. Keeping track of assignments is especially important in middle school.
- 2. Reassure your child that whatever changes this school year brings, you and the teachers will help her succeed.
- 3. Help your child establish a study routine. He should pick a regular time and place to work.
- 4. Encourage your child to create a system for organizing materials for each class.
- 5. Don't pay your child for regular chores. Helping out is every family member's responsibility.
- 6. Charge digital devices away from your child's bedroom at night. Kids should be sleeping, not texting or checking social media.
- 7. Talk about the summer with your child. Can he name three things he learned?
- 8. Encourage your child to drink a glass of water while studying. Being hydrated can boost alertness.
- 9. Help your child set a new learning goal and develop a step-by-step plan to reach it.
- 10. Keep contact information for your child's teachers in a spot where you can find it easily.
- 11. Suggest that your child choose a "study buddy" in each of her classes. They can exchange phone numbers and discuss assignments.
- 12. With your child, check out the ebooks that are available for download from public libraries near you. Choose some of interest.
- 13. Don't sit on the sidelines. Get active together today instead of watching sports on TV.
- 14. Ask your child what he thinks about his teachers.
- 15. Play math Jeopardy. Give a number. Who can come up with a problem for which it is the answer?
- 16. Discuss school policies and rules. Expect your child to follow them.
- 17. Suggest that your child start a video chat book club with friends.
- 18. Encourage your child to review her class notes every day while the material is still fresh in her mind.
- 19. Ask your child to name his top three strengths.
- 20. Challenge your child to plan a healthy family meal. Prepare it together.
- 21. Ask your child to show you something interesting online.
- 22. Help your child set priorities when doing homework. Which assignment is most important? Due first? Most difficult?
- 23. Do something you've never done before with your child. Try a new food. Listen to a new type of music. Try a new exercise.
- 24. At breakfast, call out words from the dictionary. See who can spell them.
- 25. Let your child take over a new responsibility, such as making her lunch.
- 26. Ask your child to guess which ingredients or vitamins are in a food. Then have him check the label.
- 27. Encourage your child to be a humble winner and a gracious loser.
- 28. When your child shows you a grade on a test or project, focus first on what she learned, rather than the grade.
- 29. Talk about the advertisements when you watch TV with your child. How are they trying to persuade viewers?
- 30. Middle schoolers know their shortcomings. They need you to remind them of their strengths.