

Parent Pointers

Calendar

Fullerton Jt. Union High School District



THE PARENT INSTITUTE®

Parent Pointers

Calendar

High School
Parents
still make the difference!

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Teens need specific goals. Help yours set three or four learning goals for this school year. Write them down.
2 Do you have nutritious after-school snacks on hand? Have your teen help pick them out.	3 Encourage your teen to spend 10 minutes each night getting ready for the next day.	4 Ask to see a copy of your teen's class syllabus so you know what he'll be learning this year.	5 Teens need to visit the library regularly. Make sure your teen has a library card.	6 Is your teen shy? Encourage her to seek out someone who looks ill at ease, smile and start up a conversation.	7 Keep computers and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting, etc.	8 Encourage your teen to make decisions. Involve him with decisions on allowance, curfews or other rules.
9 Don't violate your teen's privacy. By providing privacy, parents demonstrate respect.	10 Help your teen make a to-do list. Organization is a stepping stone to her independence.	11 Emphasize the importance of school attendance. Point out that attendance is also important in the working world.	12 Set aside time to listen as your teen tells you about each of his teachers and classes.	13 Be available by phone or in person right after school. It's often when your teen is most ready to talk.	14 Can your teen study with music? Some can and some can't. Experiment to figure out which way works best.	15 Try to avoid unnecessary criticism of your teen.
16 Set limits on how often your teen can go out with friends during the school week.	17 Does your teen have a regular study schedule? Teens need to set aside time every day for school work.	18 Don't use problems with homework as an excuse to criticize or argue about other issues.	19 Limit TV. Too many teens watch too much TV. The result is lower creativity and test scores.	20 Ask your teen for opinions. Your teen probably knows things you don't about computers, fashion or art.	21 Help your teen set priorities. Homework and responsibilities come before work or TV.	22 Take your teen out for breakfast, or serve a favorite breakfast at home. Make this a regular habit.
23 Read a book with your teen.	24 Make a "date" with your teen to do something fun together. Write it on your calendar.	25 Talk to your teen about bullying. Has she ever been bullied at school? Has she ever bullied another student?	26 Write a nice note to your teen and stick it in a place where he will see it.	27 Does your teen forget to bring home books? Have her post a take-home checklist inside her locker.	28 Be an attentive listener! This will improve communication with your teen.	29 Encourage your teen to volunteer. He can help his community while learning about others.
30 Watch a movie with your teen.						