

Tips for Parents and Caregivers of K-12 Students



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Ready, Set, Back to School

GET ORGANIZED

- Visit the pediatrician for regularly scheduled checkups.
- Plan transportation and after-school child care.
- Mark school events on the calendar.
- Request a list of school supplies from your child's school.

TALK IT OVER

- Review the rules.
- Check in regularly.
- Evaluate extracurricular activities.

MEET TEACHERS AND STAFF

- Visit the school before classes start.
- Talk with the teacher.
- Learn about school resources.
- Make contact with the parent group.

REVIEW THE ROUTINE

- Discuss safe travel routes.
- Go over after-school plans.
- Designate a quiet place in your home for your child to learn and create routines.

Source: www.SchoolFamily.com

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Help Your Child Succeed

- Take your child for regular check-ups, immunizations and screenings. By visiting www.cdc.gov, you can identify the appropriate age your child will need vaccines.
- Read a to your child. Be sure to engage in conversations with your child about the reading material as well so they have an opportunity to discuss the learning experience.
- Make sure your child eats a nutritious diet. For more information on dietary guidance, including information that considers ethnicity and cultural differences, please visit www.usda.gov.
- Take care of yourself. Parents need to maintain their own personal health with regular checkups, exercise and following proper nutrition.
- Provide a warm and nurturing home environment. Studies show that need a stable and peaceful home environment to successfully develop.
- Choose high-quality early learning programs. For more information regarding how to choose a quality child care program, visit the Association for Supportive Child Care's Web site at www.asccaz.org.

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Reading Homework Tips for Parents

- Have your child read aloud to you every night.
- Choose a quiet place, free from distractions, for your child to do his nightly reading assignments.
- As your child reads, point out spelling and sound patterns such as cat, pat, hat.
- When your child reads aloud to you and makes a mistake, point out the words she has missed and help her to read the word correctly.
- After your child has stopped to correct a word he has read, have him go back and reread the entire sentence from the beginning to make sure he understands what the sentence is saying.
- Ask your child to tell you in her own words what happened in a story.
- To check your child's understanding of what he is reading, occasionally pause and ask your child questions about the characters and events in the story.
- Ask your child why she thinks a character acted in a certain way and ask your child to support her answer with information from the story.
- Before getting to the end of a story, ask your child what he thinks will happen next and why.

*Source: U.S. Department of Education

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Math Homework Tips for Parents

- Encourage your child to use a daily math assignment book.
- Follow the progress your child is making in math. Check with your child daily about his homework.
- If you don't understand your child's math assignments, engage in frequent communication with his or her teacher.
- If your child is experiencing problems in math, contact the teacher to learn whether he or she is working at grade level and what can be done at home to help improve academic progress.
- Request that your child's teacher schedule after-school math tutoring sessions if your child really needs help.
- Advocate with the principal for the use of research-based peer tutoring programs for math. These tutoring programs have proven results, and students really enjoy them.
- Use household chores as opportunities for reinforcing math learning such as cooking and repair activities.
- Try to be aware of how your child is being taught math, and don't teach strategies and shortcuts that conflict with the approach the teacher is using.
- Check in with the teacher and ask what you can do to help. Ask the teacher about online resources that you can use with your child at home.
- At the beginning of the year, ask your child's teacher for a list of suggestions that will enable you to help your child with math homework.

*Source: U.S. Department of Education

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Selecting Quality Care Before and After School

- Begin by reflecting on what you did afterschool and in the summer as a school age child. What did you like? How did you feel? What did you learn? Were there safety issues?
- Think about your child and family's needs. What type of program would best serve your child and family? Then look for programs that can meet the needs of your child and family.
- Start your search by asking friends, family members and school personnel for recommendations.
- Contact your local resource and referral agency (Child Care Resource & Referral 1-800-308-9000). They can provide useful information to help guide you in your search for quality programs. If you have an internet connection, go to www.afterschool.org for links to finding out-of-school time programs in your community.
- Look for programs in your area that are dedicated to continuous improvement and are working toward meeting accreditation standards.
- Once you receive several referrals you may want to narrow your search by telephoning a number of programs and asking about availability, hours and fees. Ask if they are open on school vacation days and in the summer.
- Consider your child's transportation needs to and from out-of-school time programs as well as the various transportation options you may have. Consider alternating car pooling with other families and public transportation available in your community - including neighborhood buses, light rail and/or rapid transit buses.

*Source: Arizona Center for Afterschool Excellence

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Ensuring Your Child is Ready for Life, Work and College After High School Graduation



- Meet with your child's high school counselor at the beginning of each school year to work on an education plan based on your child's interests and to ensure they are taking the classes they need to graduate on time and pursue their interests in college, work and life after graduation.
- Ask the counselor for resources to help your child prepare for AIMS, PSAT, SAT and ACT standardized testing.
- Ask the counselor to provide details on necessary steps and tests to pursue post-graduation opportunities such as college, technical and vocational schools, military services, and/or employment/careers. Encourage your child to begin communicating with the Admissions Office of post-secondary institutions he/she is considering attending.
- Ensure your child challenges him/herself in their courses to prepare themselves for college, work and life
- Students should strive to do two hours of homework most nights.
- If your child falls behind in a class, get tutoring and ask the high school counselor about additional resources.
- Ask your child to identify clubs, organizations and/or extracurricular activities that they are interested in and get them involved.
- Become familiar with the college planning process by signing up for a workshop at College Depot and/or meeting with the high school counselor. www.phoenix.gov/collegedepot.

• *Sources: College Depot and Phoenix Union High School District

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