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<td>1. Help your child start a homework routine. She should pick a regular time and place to study.</td>
<td>2. Give your child a genuine compliment. Make it specific, such as, “You have pretty handwriting.”</td>
<td>3. Help your child sort through things he’s saved. Encourage him to make a scrapbook of his favorite items.</td>
<td>4. Notice whether your child is completing her chores. If she is, reward her with praise.</td>
<td>5. Help your child set goals for the school year. What would make him proud of himself?</td>
<td>6. Suggest that your child clean out her backpack on Sundays. She’ll start the week organized.</td>
<td>7. Give your child a journal or diary. Remember that it’s for his eyes only.</td>
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<td>8. Post a list of your child’s chores and when they should be done. They’ll be easier to remember.</td>
<td>9. Look over your child’s homework. Compliment effort and offer helpful advice.</td>
<td>10. As a family, create a routine that will make mornings run smoothly for everyone.</td>
<td>11. Give your child a new responsibility. Praise him for being mature enough to handle it.</td>
<td>12. Allow your child to rearrange her room. Show respect for her choices.</td>
<td>13. Mark your child’s height on the wall in pencil. Wait a year and measure again.</td>
<td>14. Have family members take photos of each other. Who can make the funniest face?</td>
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<td>15. Put a picture of your child in a prominent place. This says, “You’re important to me!”</td>
<td>16. Suggest that your child write a family newsletter. She can mail it to relatives.</td>
<td>17. Take your child out to breakfast before school. Make this a once-a-month treat.</td>
<td>18. Let your child make a decision, such as what to have for dinner.</td>
<td>19. Plan a family activity for this weekend. Ask your child what he’d like to do.</td>
<td>20. Teach your child a new skill, or let her teach you one.</td>
<td>21. A timer can help your child limit telephone conversations.</td>
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<td>22. Talk about the importance of volunteering. Choose a family volunteer activity.</td>
<td>23. It’s the first day of fall! Go for a walk with your child and look for seasonal changes.</td>
<td>24. Play a game with your child—charades, cards, a board game—whatever he’d like.</td>
<td>25. Put an encouraging note in your child’s lunch. For example, “Good luck on your test!”</td>
<td>26. Subscribe to a magazine your child would enjoy.</td>
<td>27. Encourage your child to collect something, such as stamps, baseball cards or books.</td>
<td>28. Keep a map or globe visible in your home. Your child will learn by seeing it regularly.</td>
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<td>29. Start a “lesson of the day” journal. Have family members write down something they learn each day.</td>
<td>30. Suggest that your child organize an activity for younger siblings, such as a scavenger hunt.</td>
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**September 2009**

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<td>1. Start giving your child an allowance if she hasn’t already. Discuss how it will be spent.</td>
<td>2. Learn about special events at your child’s school. Make plans to attend at least one.</td>
<td>3. Take a compass with you in the car. Let your child keep track of which direction you’re going.</td>
<td>4. Discuss the importance of laws with your child. What if there were none? What if they were ignored?</td>
<td>5. Mention how something you studied in school has helped you at work.</td>
<td>6. Encourage your child to study a foreign language. This can help with college admission.</td>
<td>7. Discuss a controversial issue with your child. Ask, “What do you think?”</td>
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<td>8. Role play a difficult situation with your child. For example, what if he were offered alcohol?</td>
<td>9. Plan a weekend family activity. Let your child invite a friend.</td>
<td>10. Do something active with your child, such as walk, jog or ride bikes.</td>
<td>11. Start a project with your child, such as repairing or fixing something.</td>
<td>12. It’s Columbus Day. Learn something new about Columbus’ voyages.</td>
<td>13. Encourage your child to participate in school computer classes or activities.</td>
<td>14. Tell your child to at least twice a day that you love her. Before and after school are good times.</td>
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<td>15. Before your child attends a party, make sure it will be supervised.</td>
<td>16. Visit the library with your child. Check out books to read over the weekend.</td>
<td>17. Does your child have a hobby he’d like to lose? Tell her that effort is more important than winning.</td>
<td>18. Ask your child who his role models are and why. You may learn something new about him.</td>
<td>19. Learn the warning signs for suicide. Teens usually exhibit them before a suicide attempt.</td>
<td>20. Have your child solve silly math problems, such as “How many hours until your birthday?”</td>
<td>21. Notice how long a car trip took. How many miles were driven? What was your average speed?</td>
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<td>22. Help your child resist smoking. Mention its negative effects, such as bad breath and stained teeth.</td>
<td>23. Think of synonyms for words with your child. For example, a synonym for “talk” is “speak.”</td>
<td>24. Spend the afternoon making fall decorations. See how creative you and your child can be.</td>
<td>25. Daylight savings ends today. Spend an extra hour with your child.</td>
<td>26. Getting kids to talk can be hard. It helps to ask them specific questions.</td>
<td>27. Think about the rules you have for your child. Are they appropriate for his age?</td>
<td>28. Do you compliment more than you criticize? Compliments should outweigh criticisms three to one.</td>
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<td>29. Ask your child about something she’s reading. What is it about? What are the characters like?</td>
<td>30. Let your child make a video or audio tape of herself. Save it and play it back in the future.</td>
<td>31. Ask your child, “If you could be someone else for a day, who would you be? Why?”</td>
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Parent Pointers

Calendar

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
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1 Teach your child about alliteration (using words that start with the same sound). Example: Talk to Tom. | 2 Have you met your child’s teachers? If not, set up an appointment soon. | 3 Middle schoolers like to make a difference. Help your child think of ways to help others. | 4 Remember that children learn from our actions more than our words. Focus on setting a good example. | 5 Help your child learn from a mistake. Ask, “What would you do differently next time?” | 6 Teach your child something new about manners. For example, how to take a detailed phone message. | 7 Say “I love you” in a new way. For example, do a surprise favor for your child.
8 Read the Sunday paper with your child. Talk about articles that are interesting. | 9 Boredom can lead to drug and alcohol abuse. Help your child develop hobbies and interests. | 10 Turn off the TV for the day. With your preteen, use books, games, talking and exercise as entertainment. | 11 It’s Veterans Day. Talk with your child about a war you remember. | 12 Have you discussed sex, drugs and other tough topics with your child? Make plans to do this. | 13 Before allowing your child to see a movie, read reviews of it or see it yourself. | 14 Listen to your child’s favorite radio station. Ask him to point out his favorite songs.
15 Meet the parents of your child’s friends. Work as a team to keep your kids out of trouble. | 16 Have your child keep her backpack by the door. This prevents frantic searches in the morning. | 17 Notice things that cause your child stress. Help her find ways to deal with them. | 18 Suggest that your child use her allowance for three things: spending, saving and charity. | 19 Does your child use the Internet? Tell her not to reveal personal information online. | 20 What is your child’s favorite thing to do? Make plans to do it together. | 21 Say something nice to your child, such as, “I’m happy to see you!”
22 Make a new rule: Family members must be home for dinner. Eating together brings families closer. | 23 Next time your child makes a mistake, use a consequence that teaches rather than punishes. | 24 Most middle schoolers do at least 45 minutes of homework a night. Is your child doing enough? | 25 Help your child think of ways to say “no” to drugs, such as, “I need to stay healthy for sports.” | 26 At the dinner table, have each family member share something they’re thankful for. | 27 Let your child see you reading often. This teaches that reading is important and fun. | 28 Think of something you admire about your child. Share this with her.
29 Ask your child’s opinion about something. For example, “Which outfit looks best on me?” | 30 Middle schoolers understand some sophisticated jokes. Try using puns and wordplay with your child. | 31 Winter begins! Talk with your child about the coming season. | 32 Help your child think of ways to make the season more enjoyable. | 33 Have your child research winter sports. Talk to him about the history and science of winter. | 34 What winter activities does your child like? Make plans to do these activities together. | 35 Say something nice to your child today!

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Chambersburg Area School District