

Volunteer After Hours

You don't have to come to school during the day to be involved with your child's education. Here are some things you can do at home or after school:

- Collect and send in materials the teacher needs for a class project.
- Put together a list of community resources that support what the class is studying.
- Take care of the class pet.
- Prepare food from a country the class is studying.
- Recruit other parents to volunteer.
- Enlist businesses to donate to a school fundraiser.
- Attend school events held in the evening—meetings, concerts, plays.
- Put together Welcome Kits for families new to your school.



Exchange Notes With Your Child

Here's a great way for you to keep the lines of communication open with your child while building her self-esteem and writing skills at the same time.

Whenever you have a few free moments throughout your day, write a note to your child. You can compliment her for a job done well, write about the things you are doing at work or just let her know you are thinking about her. Be sure to ask your child to write back to you.

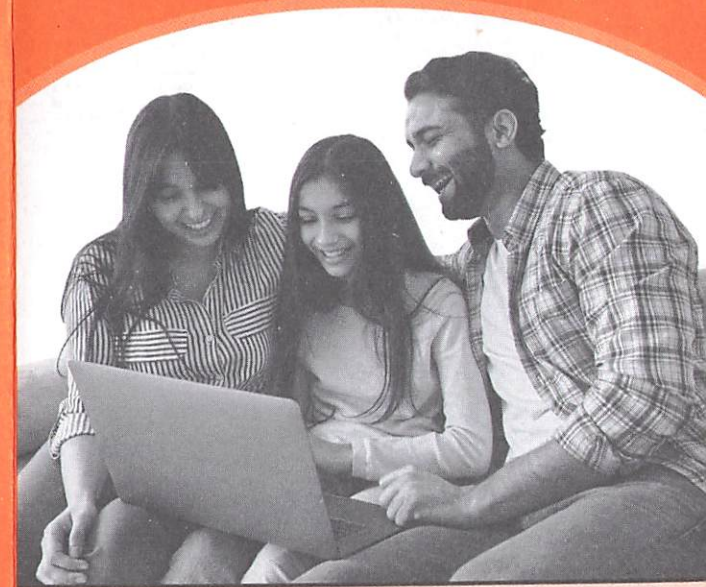
You can exchange notes in the morning before school, or at night before bedtime. Not only will you be reminding your child that she is important to you, but you will be helping her practice her reading and writing skills as well.



Five Years From Now ...

Remember, five years from now, your child won't remember the night you left the dishes in the sink. But he'll treasure forever the memory of the walk you took with him to look at the night sky.

Ways Busy Parents Can Help Children Succeed in School



Studies show that close to 80 percent of parents wished that they had more time. With parents already feeling so harried that they hardly have time to sit down for a meal, how can they find the time to help their children succeed in school?

Many busy parents have figured out ways to find the time for the important job of helping their children learn. Here are some parent-proven tips on how you can, too.

 **QuickTips**

THE
PARENT
INSTITUTE

One of a series of QuickTips® from The Parent Institute®
1-800-756-5525 • www.parent-institute.com

Stock No. 1101 (English) • Stock No. 2101 (Spanish)
Copyright © 2022 The Parent Institute®

THE
PARENT
INSTITUTE

TIPS FOR 'FINDING' MORE TIME

Some people seem to fit more things into a day than the rest of us. No, they haven't found a way to stop the clock—they've just learned to use their time more efficiently. Here are some ways you can get control of your time:

- **Set priorities.** Decide what's most important to you. (Odds are, it's your kids.) Then consciously decide how to spend your time. Make sure your decisions reflect what is important to you. Have a choice between cooking a fancy dinner or reading with your child? Fix something simple and read the book.
- **Use time in the car with your child,** or other pockets of time, to squeeze in a little more learning. He can't write an essay in the car—but he can talk about what he's going to write or review spelling words. Of course, your child can't read library books in the tub—but he can count his toes.



- **Spend one-on-one time.** Kids need both "quality" and "quantity" time with you. There's nothing like spending time alone with a parent to make a child feel special. Every week, make an appointment to spend some time alone with each of your children. Get out your calendar and write it in. Then treat that appointment as seriously as you would an important business meeting.
- **Find your child's "prime time"** for studying. This may be a key to his success in school. One mother found that after her daughter, a real early bird, set her study time for 5:00 a.m., her grades went up. Another family of night owls found that evening study hours were best. Work with your child to find the study time that's best for him. You might find that his "prime time" works to your advantage, too.

Check with Your Employer

Find out whether your employer works with local schools. A growing number of companies now allow employees to take some time off to volunteer in school or to attend parent-teacher conferences.

Other employers take part in Adopt-a-School programs where the company helps the school with volunteers, supplies and other support to help children learn. If your employer does not have such a partnership, perhaps one could be established with your child's school.

Many companies allow employees to take personal leave days each year. Most are happy to have employees use a leave day to visit a school. Why not ask?

