

Supporting Learning at Home

Establish a Daily Family Routine

- ❖ Provide a quiet space, time, and materials for studying and reading.
- ❖ Assign chores and regular household tasks.
- ❖ Support good health habits: regular exercise, proper amount of rest, nutritious meals and snacks, and health care as needed.

Monitor Out-of-School Activities

- ❖ Guide the constructive use of leisure time: after-school activities, use of TV, and time with friends.
- ❖ Set clear rules and expectations.
- ❖ Reward success and apply consequences appropriately and consistently.

Model the Value of Learning

- ❖ Set an example by reading at home and engaging in other learning activities.
- ❖ Play games together that require planning ahead and problem solving (e.g., Scrabble, Dominoes), rather than pure luck (e.g., The Game of Life).
- ❖ Communicate openly.

Express High but Realistic Expectations for Achievement

- ❖ Encourage your child to work hard in school.
- ❖ Regularly discuss education, careers, life skills, and interests.
- ❖ Regularly affirm your child's personal worth through positive messages.

Support Your Child's Overall Development and Progress in School

- ❖ Stay in touch with your child's teachers.
- ❖ Reward achievement in school.
- ❖ Provide a home learning environment that is equipped for studying and encourages learning (e.g., Internet access, good lighting, books, quiet space).

Read, Write, and Discuss

- ❖ Read to your child and listen to your child read.
- ❖ Provide opportunities for writing (e.g., grocery lists, letters, stories to share with family).
- ❖ Discuss with your child his or her school day, your day, and current events.

Use Community Resources to Expand Learning

- ❖ Expose your child to cultural activities (e.g., visits to library, museums, concerts).
- ❖ Enroll your child in youth enrichment programs (e.g., after-school sports or lessons, community programs, clubs).
- ❖ Connect your child to volunteer opportunities, summer jobs, or internships in the community.