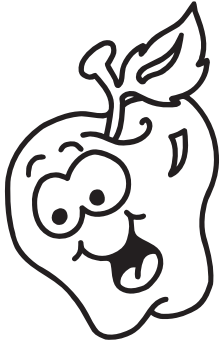


Ways You Can Help Your Child At Home!

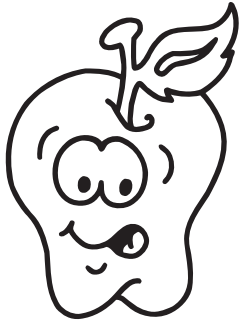
Here is a list of things you can do to promote your child's success at school and throughout his or her life.



- Ask to see your child's schoolwork on a regular basis.
- Create a special, quiet, well lit place for your child to study and do homework.
- Read to your child and encourage him or her to read to you.
- Set a good example by letting your child see you read.



- Be selective about what your child watches on television. You may want to set limits of no more than one hour a day.
- Praise and award your child for accomplished goals.
- Make sure your child receives a good, balanced diet, including breakfast each morning.



- Make sure your child gets to bed early and receives at least 8 hours of sleep each night.
- Notify the teacher of any health or emotional concerns.
- Make sure your child dresses appropriately for the weather.
- Immunize your child.



- Keep your child at home if she or he is not well.
- Be available to help your child with his or her homework.
- Take your child to local museums, cultural activities, and libraries.
- Encourage your child to participate in a sport or other physical activity.



- Discipline your child fairly and consistently.
- Establish a set of rules and routines for your child.
- Get involved in your child's education by volunteering in his or her classroom and participating in school activities.