



**SCHOOL:** You can help your child have a good attitude toward school. Here are some tips.

- Show your child that you are interested in what they are learning. Your involvement helps ensure their success in school and motivates them to learn.
- Help your child to get organized. Arrange a study space and turn the TV off. Buy or make a giant calendar for noting important school events; use pictures for the younger child who does not read yet.
- Establish a regular routine for homework.
- Help your child if they're having trouble with their homework but do not do the work for them.
- Become involved in your child's school.
- Help your child to relax once school is over. Children need some unstructured time after school, so be careful about over scheduling your child.
- Allow your child to let off steam through outdoor play or sports

(Pointers for promoting a good attitude towards school are adapted from "Pediatric Advisor", edited by Barton D. Schmitt, M.D.)

### **PARENTING PRACTICES:**

- Establish rules regarding bedtime and chores.
- Discourage watching television. The American Academy of Pediatrics recommends limiting TV, video and computer games to 1-2 hours per day total.
- Spend active time with your child everyday. Show interest in your child's daily school activities. Show affection.
- When you are not at home make sure there is an adult supervising your children.
- Praise and encouragement of your child's activities contributes to self-esteem. Find the things your child does well and praise her for them.
- Encourage age-appropriate self-responsibility. Have your child participate in setting the table, cleaning up afterwards and tidying his own room.
- If you read, you will set an example from your children to read. Establish a routine of going to the library.
- When involved in group sports, emphasize learning and having fun rather than competition. Have your child play with other children.
- Provide your child with an opportunity to talk about his or her day.
- You are your child's most important role model. Teach them healthy habits by exercising, quitting smoking and planning healthy meals together.
- At this age your child needs more independence. However, you need to continue to set clear limits.

### **SAFETY:**

- Wear car safety belts and promote and insist on the same for children and all car passengers. Remember children under 12 should not ride in the front seat.
- Teach bicycle, skating, and street crossing safety. Wear helmets for biking, skating, scooters and rollerblading. All family members should wear helmets.
- Provide an opportunity to learn how to swim. Make sure to teach water safety and never leave your child alone around water.
- Keep firearms and ammunition locked up separately. If you own a gun make sure you teach gun safety. When your child spends time at a friend's house ask about guns in the home.
- Teach your child what to do in case of fire. When you are changing the batteries in your smoke detector (which you should be doing twice a year when changing your clocks for daylight savings,) have a practice fire drill.

### **SUGGESTED READING:**

Caring For Your School-Age Child, Ages 5 To 12, by the American Academy of Pediatrics.

Your Six-Year-Old by Ames and Ilg.

Your Seven-Year-Old by Ames and Haber.

Your Eight-Year-Old by Ames and Haber.

Your Child's Self Esteem by Dorothy Briggs.

Practical Parenting Tips For The School-age Years by Vicki Lansky.

Without Spanking or Spoiling by Elizabeth Crary.

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Faber and Mazlish.

Taking Care of Your Child, A Parent's Guide To Medical Care by Pantell, Fries, and Vickery.

Your Child's Health by Barton Schmitt.

How To Talk to Your Child About Sex by Mickey and Terri Quinn.