

SCHOOL: The goal is for children to have confidence in school, be industrious about learning, enjoy school activities, and be able to discuss the occasional frustrations and disappointments. Parent involvement is the important key:

- Spend time each day listening and discussing what went on at school.
- Get to know your child's teacher, volunteer your services in the school, treat going to school as part of the normal course of events that is expected of your child and accepted by you.
- Show respect for the school system and the teacher in the child's presence.
- A chief purpose of homework is to teach your child to work on his or her own. Parents can help by explaining the assignment question. But if you do your child's homework or give all the answers, your child will have less confidence that he or she can do it himself or herself.

PHYSICAL ACTIVITY: Encourage regular physical activity everyday.

SEX EDUCATION: Answer questions honestly. Let your child know they can come to you to seek answers to questions about sex education. Between ages 8-10, prepare girls for menarche. Library books can help.

PARENTING PRACTICES:

- Establish fair, understandable rules about chores, TV watching, video games, outside activities, homework, bedtime.
- Work on communication with your child. Show interest in your child's daily school activities.
- Promote the child's activities outside the home.
- Understand the importance of serving as a parental role model.
- Praise, encourage your child's activities. Show affection. Contribute to the child's self-esteem.
- Know where your child is at all times.
- Arrange for adult supervision when you are away.
- Discuss healthy living practices: sensible food choices, regular physical activity, avoiding alcohol, tobacco, or drugs, maintaining safety habits.
- Watch TV with your child, particularly, for 10 years of age and older, controversial shows, and discuss them afterwards.
- Limit TV viewing and/or video/computer games to 2 hours total per day.
- Consider turning off the TV for extended periods of time and substituting with reading and family activities.

SAFETY:

- Practice bicycle, skating, and skateboard safety. WEAR HELMETS.
- Wear seat belts.
- Firearms are a leading cause of death and injury in this age group. Always separate ammunition from firearms and lock up separately.
- Supervise water activities.

SUGGESTED READING:

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

Your Eight-Year-Old by Ames and Haber.

Your Nine-Year-Old by Ames and Haber.

Your Ten- To Fourteen-Year-Old by Ames, Ilg, and Baker.

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 and published by Delacorte, New York, 1969.

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

