

Daily Learning Planner

*Ideas families can use to help students
do well in school*

N. L. Dillard Middle School
Mr. C. Garrett, Principal



THE
PARENT
INSTITUTE®

January 2023

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Have your child make a step-by-step plan to reach a New Year's goal.
- 2. Turn over a self-care responsibility you've previously done for your child. Present it as a positive step.
- 3. If your child wants to talk at an inconvenient moment, schedule a time to talk later—and be sure to follow through.
- 4. Choose a number from 1-12. How many things can your child think of that come in that number?
- 5. Let your child make choices about what to wear (within reasonable limits).
- 6. Is your child shy? Encourage your student to seek out someone who looks ill at ease and start up a friendly conversation.
- 7. Mention how education has helped you in your work and everyday life.
- 8. Suggest a book to your child in which the main character is a positive role model.
- 9. Teach your child: "If you fail to plan, you plan to fail."
- 10. Talk with your child about mistakes. What are some ways people can learn from their mistakes?
- 11. Encourage healthy food choices by having your child compare nutrition labels at the grocery store.
- 12. Ask your child to do research to find the best deal on a big-ticket item your family would like to purchase.
- 13. Take your child to a high school sporting event. Talk about your student's plans for high school.
- 14. Look for a skill you and your child can learn together. It's a fun way to get to know your child on a new level.
- 15. When your child dawdles, set a timer. Say, "Try to finish before it rings."
- 16. Acting out historic events can bring history lessons to life. Get the whole family involved!
- 17. Establish or reestablish a morning routine that works for your family.
- 18. With your child, make a graph of family characteristics or routines, such as favorite desserts or bedtimes.
- 19. Has it been a hard week at school for your child? Go out together for a treat this evening.
- 20. Teach your child to make eye contact with the audience before giving a presentation.
- 21. At bedtime tonight, tell a story about yourself at your child's age.
- 22. Try to be available by phone or in person right after school. It's often when kids are most ready to talk.
- 23. Look for opportunities to compromise with your child.
- 24. Is your child having a problem at school? Suggest brainstorming about ways to solve it—without your help.
- 25. Teach your child to make to-do lists and check off finished tasks.
- 26. Create a word search for your child by hiding words in a grid and surrounding them with random letters.
- 27. Compliment something about your child's appearance today.
- 28. "Because I said so!" is frustrating for middle schoolers to hear. Explain your reasoning.
- 29. Review what your child should do in an emergency, such as a fire.
- 30. Peer pressure can be positive. Encourage your child to participate in group activities like sports and volunteering.
- 31. Help your child consider consequences before making a decision.