

Daily Learning Planner

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

Cumberland County Schools



THE
PARENT
INSTITUTE®

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

- 1. Start a family journal for 2025 to record highlights and achievements.
- 2. Set limits on how often your teen can go out on weeknights.
- 3. Ask your teen's advice about an issue you are facing.
- 4. Dig out a favorite children's book and read it together. There are still lessons to be learned.
- 5. Does your teen want you to change a rule? Ask for a list of three reasons why you should.
- 6. Challenge family members to learn and use one new word every day.
- 7. Ask what your teen likes about school life.
- 8. Introduce your teen to historical fiction. It brings history to life.
- 9. Have you met and talked with all your teen's teachers? It's not too late to schedule a conference.
- 10. Stop talking every 30 seconds or so during conversations to give your teen a chance to speak.
- 11. Visit the library. Look for a book you and your teen might both enjoy.
- 12. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?
- 13. Suggest that your teen draw pictures or diagrams of the main ideas the teacher discusses, as well as taking notes.
- 14. Establish a digital curfew. All family devices must be turned off for the night at a certain time.
- 15. Teach your teen a few stress-relieving techniques, such as deep breathing and slowly counting to 10.
- 16. When you make a mistake with your teen, set an example by taking responsibility and apologizing.
- 17. If you are arguing with your teen, switch places and present the other person's point of view.
- 18. Don't criticize your body in front of your teen. Talk about trying to be healthy and strong instead.
- 19. Is your teen shy? Encourage your student to seek out someone who looks ill at ease, smile and start a conversation.
- 20. Help your teen learn about Martin Luther King Jr.'s life and legacy.
- 21. Suggest that your teen make an emergency school supply kit.
- 22. Offer a reminder that turning in assignments on time is essential for getting the grades your teen's work deserves.
- 23. Allow your teen to experience the consequences of poor choices.
- 24. Discuss the importance of laws with your teen. What if there were none? What happens when laws are ignored?
- 25. Does your teen have a part-time job? Insist that your student save some of the income for future plans, such as higher education.
- 26. Teens who read regularly earn the highest grades. Start a daily reading time for the entire family.
- 27. Encourage your teen to ask the teacher for help right away if class material is confusing.
- 28. Be available by phone or in person right after school. It's often when your teen is most ready to talk.
- 29. Check in with your teen's school counselor. Is your student on track to graduate? If not, what needs to happen?
- 30. Discuss *integrity*. Offer examples of people who show this key trait.
- 31. Allow your teen to take over some life-management tasks.