

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. *Presence* says more than *presents*. Spend time with your teen regularly.
- 2. Discuss your teen's commitments outside school. Do they leave your student enough time to complete schoolwork?
- 3. Encourage your teen to make flash cards. They are great for studying facts or vocabulary words.
- 4. Remind your teen to plan for some personal time. Being a teenager can be stressful!
- 5. Many teens want to give gifts, but have limited funds. Encourage your teen to look online for crafts to make and give.
- 6. Establish times when texting and other phone use is not allowed, such as during mealtimes and while driving.
- 7. Ask your teen to tell you about the issues that are important at school.
- 8. Teach your teen to use positive self-talk, such as "I can do this." When students cheer themselves on, it helps them stay motivated.
- 9. Challenge your family to learn—and use—three new words a day.
- 10. At athletic events, leave coaching to the coach. Sideline coaching is distracting and will embarrass your teen.
- 11. Read aloud as a family tonight.
- 12. Encourage your teen to ask at least one question in class every day.
- 13. Help your teen consider the pros and cons of all options before making a choice.
- 14. Don't criticize your own body in front of your teen. Instead, talk about being healthy and strong.
- 15. Talk about something you learned recently. This shows that education is a lifelong activity.
- 16. Say *no* to attending unchaperoned parties, even if "everyone's going."
- 17. With privileges come responsibilities. Teens who don't meet responsibilities should lose privileges.
- 18. Encourage your teen to take some cookies to an elderly neighbor or family friend.
- 19. Ask about your teen's favorite movies. Movie preferences can be clues to the types of books teens will like.
- 20. Share this truth with your teen: "You can't control others, but you can control how you react to others."
- 21. Tonight is the longest night of the year. Look at the stars together.
- 22. Talk with your teen about how each of you could improve your listening skills.
- 23. Leave an interesting news article out for your teen to read.
- 24. At dinner, have each family member say something nice about every person at the table.
- 25. Enjoy an outdoor activity as a family.
- 26. Teens know their shortcomings. They need you to remind them of their strengths.
- 27. Encourage your teen to write a letter to a teacher or coach who has been a positive influence.
- 28. Talk about stereotypes with your teen. Discuss why they're unfair.
- 29. Tuck a favorite treat where your teen will find it. Attach a short note.
- 30. Ask your teen: "If you could trade lives with somebody you know, who would it be? Why?"
- 31. Have an alcohol-free New Year's celebration with your teen.