



## How to Help Your Child Succeed in School and in Life

### Infants and Toddlers:

- Be a good role model. Your child learns by watching you.
- Hold and hug your child often – it's good for both of you.
- A healthy baby has a head start on learning. Eat well and make sure your child visits the doctor regularly and has all the right shots and vaccinations.

### Preschool:

- Teach your child about the world around you – go to the grocery store, park, and library together.
- Give your child time to learn and grow at their pace. Don't be in a hurry.
- Heavily limit screen time. Give your child a picture book or try coloring and drawing. Nurture creativity and curiosity.
- Let your child help with simple tasks like putting away toys and clothes.

### Grades K-3:

- Be active in your child's school. Make sure your child attends every day. Get to know the teachers and talk to them about your child regularly.
- Read to your child and ask them to read to you.
- Make sure your child has plenty of playtime with other children and learns to share.
- Always make time to listen and engage – it is one of the most important things you can do.

### Grades 4-8:

- Ask about your child's day at school and homework. Ensure that homework gets done.
- Be ready to praise a job well done or encourage through challenges.
- Meet your child's friends and watch them as carefully as you would your own children.
- Visit the school often. If you think there is a problem at school, talk with the teachers and principal immediately.

### Grades 9-12:

- Make sure that school comes first with your child.
- Listen and engage when your child talks about school for the day. If it is consistently important to you, it will be more important to them.
- Help your teenager balance school, work, and social life.
- Ask them about their dreams and goals. Help them plan out how to reach those goals and show the important connection between school and achieving their goals.
- Teenagers need space to figure things out for themselves – but make sure they know you are always there for them.