

The Parent Page



Celebrating Wise Highs ... Choices for a Lifetime

September 2010

Being involved in your child's education makes a difference

Every child has the power to succeed in school and every parent, family member and caregiver can help. We know that children tend to do the same things as their parents, so how we act can help them to develop positive attitudes towards their studies. Showing our children that we value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school and in life.

As their first and most important teachers, we need to build strong ties to our children's schools. When parents are involved, the children do better academically and have better feelings about going to school.

Here are additional suggestions that you can do to help your child get the most from his education.



- Encourage your child to read
- Talk with your child
- Monitor homework
- Monitor TV viewing and video game playing
- Encourage your child to use the library
- Help your child use the internet properly and effectively
- Encourage your child to be responsible and work independently
- Encourage active learning which involves asking and answering questions, solving problems and exploring interests. Active learning also can take place when your child plays sports, spends time with friends, acts in a school play, plays a musical instrument or visits museums and bookstores.

Source: USA.Gov/topics/back_to_school

Research shows that students whose parents are involved in their education benefit in many ways:

- Better grades
- Better attendance
- Higher graduation rates
- Better self-esteem
- Less drug and alcohol use
- Less violent behavior

Helping your child deal with bullying

If you think your child is being bullied, here are a few things you can do to help:

Find out exactly what happened so you can empower your child to use his smarts to avoid situations where he might get bullied. Never tell him that it is his fault for being bullied.

Encourage your child to be with friends he can count on and not to hang around kids that make him feel bad about himself.

If the bullying is taking place at school, find a teacher or trusted adult in the school to talk to about the situation. If your child's safety is at risk, then you must bring it to the attention of school authorities -- even if your child protests!

Give unconditional love. Let your kids know that they are safe in their family and should expect to be safe in school and in the world.

Source: parentsconnect.com



Ten Tips for a Successful Parent-Teacher Conference

Parent-teacher conferences present an excellent opportunity to find out how your children are adjusting to the new school year and to get to know their teachers. Here are some general hints on how to have a successful conference:

- Ask your children if there is anything that they would like you to discuss with the teacher. Jot down everything that you want to talk about at the conference.
- Arrive promptly or a few minutes early.
- Begin with positive comments about the teacher or classroom.
- Avoid lengthy discussions of topics that are not related to the purpose of the conference.
- Be open-minded to suggestions from the teacher.
- Keep your emotions under control.
- Take notes about what has been discussed to share with your children.
- Express appreciation for the conference.

Source: squidoo.com



Red Ribbon Week October 23-31

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. It serves as a vehicle for communities to take a stand for children through drug prevention education and a personal commitment to live drug free lives. This year's theme is:

Paint Illinois Red

The Life Education program and many schools plan activities. Watch for details.

Eating together: There's more than dinner on the menu

For many families, eating dinner together has become a lost art. But, it continues to be a simple, effective way to reduce the risk of youth substance abuse and to raise healthier children.

According to the Nielsen Co., the average parent spends just 38.5 minutes per week in meaningful conversation with their children. By simply eating dinner together each night, you can easily quadruple that time. Here are some additional benefits of eating together:

Family dinners are more important than play, story time and other family events in the development of vocabulary of younger children.

(Harvard Research, 1996)

Adolescent girls who have a positive atmosphere during frequent family meals, are less likely to have eating disorders.

(University of Minnesota, 2004)



The more often teens have dinner with their parents, the less time they spend with boyfriends or girlfriends, and the less likely they are to have sexually active friends.

(National Center on Addiction and Substance Abuse at Columbia University – 2004)

Source: menuplanningcentral.com



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