

A Successful School Year
September 2010

Parenting *Rules!*

Start with Sleep...

Children ages 5 to 12 years old need at least 10-11 hours of sleep each night, says the National Sleep Foundation. Numerous studies have found that sleep is an important time for the brain to process information and experiences that have taken place that day.

Children who don't get enough sleep can suffer from behavior problems, mood swings, and memory loss and may find learning difficult.

So what does this mean for your child? **He/she needs good quality sleep every night to soak in what they learned in school that day.**

Here's how you can make sure your child is getting the proper amount of sleep each night:

- Stick to a consistent bedtime routine that will help your child to relax and get to sleep .
- Teach your child the importance of sleep by setting a good example.
- Set a bedtime that will give your child at least 10 hours of sleep before they need to get up for school.
- Seriously consider keeping television and computers out of your child's bedroom.



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Work Together....



Children need their parents to help them develop good homework habits.

Your child's school day doesn't end when the last bell rings. Homework is an important part of your child's school day and often counts for a large percent of his/her grade.

Here are some tips to help your child:

- Have your child work on homework **soon after getting home** while he/she is still in "school mode".
- **Provide a quiet place**, free from distractions like television, radio or video games.
- Give your child a **nutritious snack** when he/she gets home from school. Children can concentrate better when they aren't hungry.
- **Discuss your child's homework** with them every day and help them think it through. Check your child's homework for accuracy and neatness. Have your child correct the mistakes him/herself and recheck it for them.
- **Help your child be organized** by providing a folder to bring homework to and from school in.
- If you notice that your child is struggling with one subject every day, **contact his/her teacher**.

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Create a Parent/Teacher Partnership...

**Parents and teachers want the same thing –
to help the child be successful at school.**

Children with involved parents have less behavior problems, get better grades and have lower drop out rates.

Together parents and teachers can encourage children to be life-long learners.

Here's what you can do to build a partnership with your child's teachers:

- Find a way to **communicate regularly** with your child's teacher by phone, email or notes, so you can stay informed of his/her progress.
- **Schedule a parent/teacher conference.** Even if your child isn't experiencing any trouble, it is important for parents to meet their children's teachers.
- **Inform the teacher** of any unusual circumstances at home or learning disabilities that may affect your child's school performance.
- If you feel your child is struggling contact the teacher right away to **discuss an action plan.**



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Resources for Parents

The Rhode Island Department of Education
255 Westminster Street Providence, RI 02903
401-222-8952 www.thriveri.org

U.S. Department of Education
400 Maryland Avenue, SW Washington, D.C. 20202
1-800-USA-LEARN www.ed.gov/parents/academic/help/succeed/index.html

Rhode Island Parent Teacher Association
RIC East Campus, Bldg. 6
600 Mt. Pleasant Avenue Providence, RI 02908
www.rhodeislandpta.org

National Sleep Foundation
1522 K Street, NW, Suite 500 Washington, DC 20005
(202) 347-3471 sleepfoundation.org/article/sleep-topics/children-and-sleep

Rhode Island 2-1-1
2-1-1 www.211ri.org

ABOUT PARENTING RULES! E-NEWS...



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Please share this information with the families in your programs. Thank you!