

Junior High School Tips for Parents

"Prepare your child for the road, not the road for your child"

1. Make Time to Talk to your child about School and their Friends

- a. Communication is a two way street, the way you talk and listen to your child can influence how well they listen and respond. It is important to make eye contact and ask open-ended questions. Family mealtime and car trips are great places to start these conversations.

2. Visit the school and teachers websites.

- a. Sign up for alerts on Texas Connect. Find out teachers tutoring times, and sign up for remind.

3. Attend Open House and Parent-Teacher Conferences.

- a. If you have not met or made contact with the student's teachers, this is a great place to start. Email the teachers or set up a conference to meet with them.

4. Support Homework Expectations.

- a. Homework gets more intense in secondary. Set your student up with a distraction-free zone, (No phone, TV, or computer) unless it is homework related. Help them establish a homework schedule that sends a message that academics are a priority.

5. Send your child ready to learn at school

- a. Set them up with the right amount of sleep for them to be alert and ready to learn all day. Most preteens and teens need about 8-10 hours of sleep a night.
- b. Start with a nutritious breakfast- this can help boost your child's attention span, concentration, and memory.

6. Instill Organization Skills

- a. No one is born with organizational skills. In Junior High school, students have multiple teachers and after school activities begin, these skills have to be taught and practiced. Make sure your teen knows how to make daily to do lists and how to prioritize tasks and manage time. Example: Some parents will initial a student's planner and have the teacher do the same to help with communication.

7. Teach Study Skills

- a. Know when tests are scheduled and plan enough time to study before the exam. Ask your child for their test review to help them learn what they need in order to be successful on their exam.

8. Taking Attendance Seriously

- a. It is important for your student to arrive to school on time and be in class ready to learn.

9. Get Involved

- a. Volunteering at the school is a great way to know what is happening on campus. Ways to get involved include; volunteering at lunch duty, joining the school's (PTO), being a presenter for career day, and attending school events.

10. Help your Child Develop Healthy Coping Skills

- a. Stress and anxiety are huge issues for students at this age. Developing healthy coping skills is essential. Junior high schools long to hear, "I'm really proud of you, and I love who you're becoming."

Helpful Academic Website:

Khan Academy- <https://www.khanacademy.org/>

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b. Ways to motivate your child

1. Offer rewards and privileges for completing homework. ...
2. Review your child's work when they've finished. ...
3. Help them break overwhelming tasks into smaller parts. ...
4. Praise them for small successes. ...
5. Look into getting a tutor or extra help from the teacher. ...
6. Identify underlying causes.