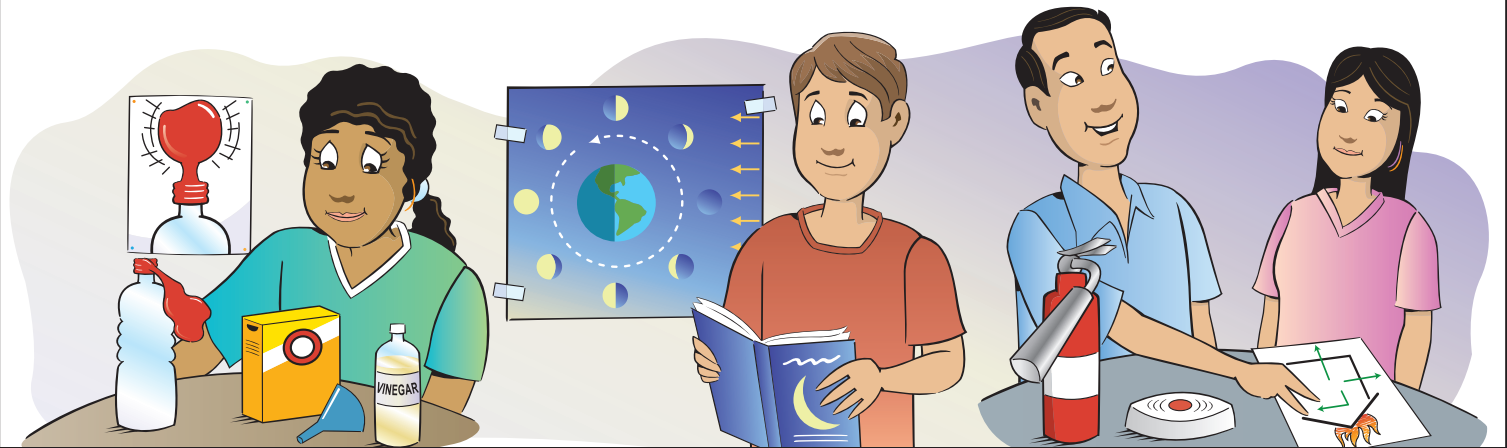


# Daily Learning Planner

*Ideas parents can use to help students  
do well in school.*

Martin Luther King Middle School



THE  
**PARENT**  
INSTITUTE®

## March 2015

## Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Make up trivia questions about your family. Quiz one another at the dinner table.
- ☐ 2. Start keeping a family TV diary. See what—and how much—you and your child are watching.
- ☐ 3. Help your child plan a gathering for friends, such as a “make-your-own-sundae” party.
- ☐ 4. Share with your child a favorite quotation that inspires you.
- ☐ 5. Patiently explain the reason for a rule your child doesn’t like.
- ☐ 6. Take advantage of any chances you have to talk with your child. Kids this age tend to talk less than younger children.
- ☐ 7. Celebrate National Nutrition Month! Shop for extra-healthy foods.
- ☐ 8. Try to have a conversation entirely in rhyme with your child.
- ☐ 9. Write your child a letter about the day he was born.
- ☐ 10. Tell your child a story about when you were a middle schooler.
- ☐ 11. Let your child choose clothes to buy within your budget and guidelines.
- ☐ 12. Forbid your child to smoke. If you smoke, make every effort to quit.
- ☐ 13. Has it been a hard week at school? Take your child out for a treat.
- ☐ 14. Check out an astronomy book at the library. Can your child find a constellation in the sky tonight?
- ☐ 15. Choose a spot in your home where family members can post things they are proud of. Post something your child has done.
- ☐ 16. Kids who can’t see well have trouble reading. If you haven’t had your child’s vision checked recently, make an appointment to do so.
- ☐ 17. At dinner tonight, have family members each share an opinion about a current event.
- ☐ 18. When your child expresses an opinion, encourage her to support it with facts from reliable sources.
- ☐ 19. Tell your child a story that teaches a moral lesson.
- ☐ 20. Brainstorm with your child about something to help your family, such as how you can lower the electric bill.
- ☐ 21. While your child does homework, do some quiet work yourself.
- ☐ 22. Have a formal family dinner. Everyone should dress up and use their best manners.
- ☐ 23. Designate a surprise week during which family members do nice things for each other.
- ☐ 24. Give your child plenty of privacy. For example, knock before entering his room.
- ☐ 25. Teach your child stress-relieving tips, such as deep breathing.
- ☐ 26. Let your child invite a friend to stay for a family dinner.
- ☐ 27. Use math terms while talking with your child. For example, “This street is *parallel* to ours.”
- ☐ 28. Take turns choosing movies to watch. You’ll learn about your child’s interests from his choices.
- ☐ 29. Have your child write a proposal for a privilege she has requested.
- ☐ 30. Teach your child the three-step process for any job: *Plan, do, finish*.
- ☐ 31. Teach your child symbols that speed up note-taking, such as *w/* for *with* and *@* for *at*.



**Helping Students Learn**

Tips Families Can Use to Help Students Do Better in School

