

# 20 Ways to help your child succeed in school

## Prevent Child Abuse Illinois

School will soon be starting and parents have a special role in getting their children ready. Beginning at birth, you have been your child's first teacher. As your child grows older, you continue to be important in helping them be successful and to enjoy learning throughout their school years. Here are 20 suggestions (in recognition of Prevent Child Abuse Illinois 20th Anniversary) to help you help your child succeed in school.



To help your child succeed in school:

1. Provide your child with a healthy breakfast each morning such as foods that consist of whole grains, fruits and protein.
2. Get to know your child's teacher and show interest in your child's success in school.
3. Talk with your child each day about what they learned in school.
4. Make rules about homework and help your child get organized to do homework.
5. Have a special place for backpacks and other items needed for school.
6. Attend all parent-teacher conferences throughout the school year.
7. Let your child's teacher know of any concerns you may have about your child's school performance.
8. Talk to your child regularly about the importance of education.
9. Provide a special place where your child can study.
10. Attend school events with your child when possible.
11. Read all messages and report cards that come home from school.
12. Limit the amount of time your child watches television, uses the internet and plays video games each day.
13. Have books and other reading materials available in your home.
14. Read to your child every day and listen to your child read to you.
15. Maintain communication with your child's teacher throughout the school year.
16. Get a library card for you and your child and encourage your child to use the library regularly.
17. Help your child with school projects or other interactive homework and have fun!
18. Make learning fun and do activities or play games at home that enhance your child's academic skills, such as playing board games to enhance math, reading and problem solving skills.
19. Make sure that your child gets plenty of sleep each night. Being tired can make it very hard to concentrate and learn.
20. Encourage your child to do the best they can in school!

### Prevent Child Abuse Illinois

528 S. 5th Street  
Suite 211  
Springfield, IL 62701

Phone: 217-522-1129  
Fax: 217-522-0655  
[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)



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