

AUGUST 2011

Prevent Child Abuse Illinois' 20 Ways

20 ways to help your child be successful

School will soon be starting and parents have a special role in helping children get ready.

1. Provide your child with a healthy breakfast each morning such as whole grains, fruit 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 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.
13. Have books and other reading material 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 and encourage your child to use the library regularly.
17. Help your child with school projects and homework.
18. Make learning fun and do activities that enhance your child's academic skills.
19. Make sure that your child gets plenty of sleep each night.
20. Encourage your child to do the best they can in school!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |



PREVENT CHILD ABUSE ILLINOIS

528 South Fifth Street
Suite 211
Springfield, Illinois
62701

Phone: 217-522-1129
Fax: 217-522-0655

www.preventchildabuseillinois.org
www.facebook.com/#!/preventchildabuseillinois