



# Your Child: Ready or Not?

*Caring today  
Can help your  
Child tomorrow!*

The attention and interest we show our children **now** creates the confidence they'll need for a successful **future**. For instance, we can help our children get more out of school **by making a connection between what they do at home and what they do at school.**

- Encourage your children to talk about their school day. If it's important to you, it becomes important to them.
- Help your children develop good study habits. Make certain homework becomes an important part of their daily routine.
- Give them space at home to work quietly and to display the things they do in school. Don't let TV become a habit; make watching it a special event.
- Resist the temptation to compare your child with other children—including brothers and sisters.
- Praise them when things go well at school. Praise, when it's been earned, is a great confidence builder.
- Remember, you are your children's first and most important teacher. They do what they see you doing and repeat what you say.

**Missing sleep tonight could cost a child a job 20 years from now.**

If children miss their sleep, they'll most likely miss out on their school work. They'll be too tired to learn...too tired to try.

**You can *help* now!**

**You can *care* now!**

- ✓ Make sure your children get the rest they need.
- ✓ Be certain your children receive a nutritionally balanced diet.
- ✓ Help make your good habits their good habits.
- ✓ Make meals a family affair.
- ✓ Make sure your children brush their teeth; it saves their teeth and your money.
- ✓ Send them to school in clean clothes. The better they feel about their themselves, the better they feel about their work.
- ✓ Be sure they get the immunization shots they need and regular check-ups, too. A simple shot or check-up may avoid illness – or missed school. **[more on back]**



**Jefferson County  
Education Association  
CEA NEA**

## Children are always learning – at school, at home, at play!

Children can learn in many places and in many ways. While school is a major source of their education, the things they learn at home are equally important to their development. As a parent, you have a chance to make a big difference in how much and how well your child learns.



### Learning at home can be fun for the whole family.

- Encourage children to do projects at home with you or with other children. They'll learn to cooperate and improve their social skills.
- Select safe, educational toys and activities that fit their level of development.
- Play games—especially those that have educational value, like numbers games, guessing games, word games.

### Family trips and vacations are exciting ways to learn.

Visit interesting places like museums, zoos, libraries, historical sites, parks – and discuss them with your children...it's fun. See new things like the ocean, mountains, cities, farms, theater – anything that's different from what they see in school or at home. Making your own maps can heighten interest in social studies.

### You can help your children's school do a better job if you:

- Attend parent-teacher conferences.
- Communicate often with the teacher.
- Know what your child is studying.
- Take an interest in your child's courses.
- See that your child attends school regularly.

Your caring makes a teacher's caring mean so much more. Caring is more than a matter of love and dedication. Your children's teachers have plenty of both. But a teacher's caring alone is not enough. Your children need to know you care, too.

You need to be involved, interested and concerned. Then and only then can your children get the most out of the caring their teachers give them.



*Teachers and parents:  
The more we work together,  
The more we help our children!*

For more information, visit the "Parenting" page of the JCEA website: [www.jcea-cea.org](http://www.jcea-cea.org).