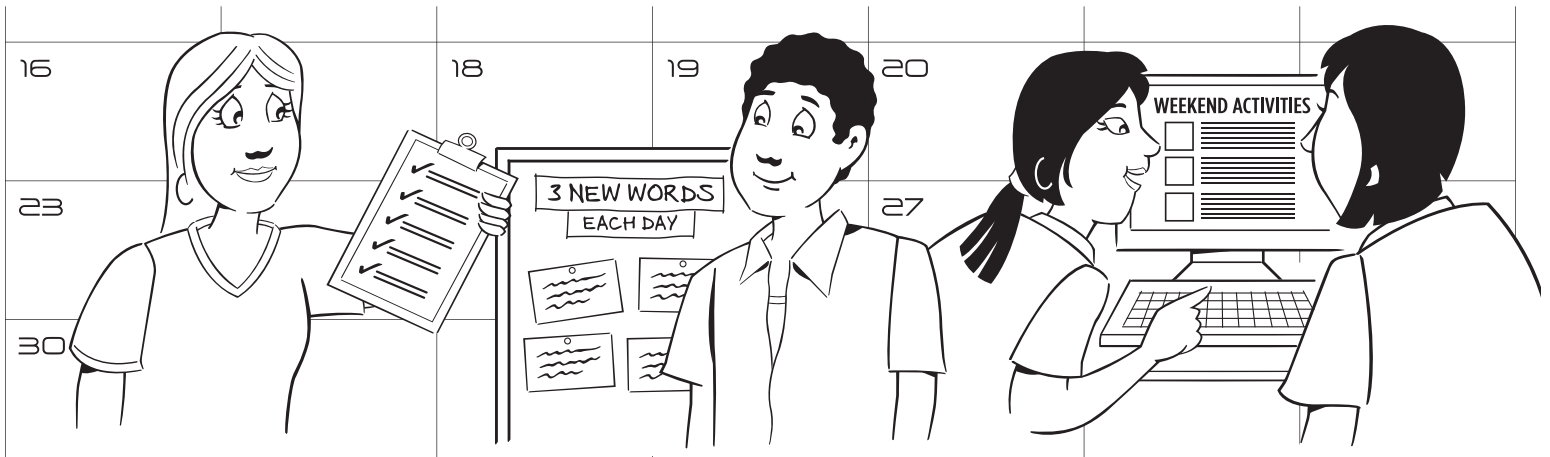


Parent Pointers

Calendar

Nancy Borilez
Kapaa High School



THE PARENT INSTITUTE

December 2015 • January • February 2016

Parent Pointers

Calendar

High School
Parents
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December		1 Have your teen draw a picture of what he thinks describes and defines "December."	2 Sign up for bookstore emails so you're aware of book signings. Take your teen to signings that would interest her.	3 Ask your teen for his opinions. He probably knows more about things such as computers, fashion and art.	4 Have your teen solve silly math problems, such as, "How many hours are there until your birthday?"	5 Talk about how your family can do something for others this holiday season.
6 Look online or in the newspaper for a list of holiday events. Plan to attend one this month as a family.	7 Encourage your teen to start studying early and avoid cramming just before a test.	8 Learn a new word at breakfast. Challenge family members to use it three times during the day.	9 If your teen is saving for a special purchase, have her keep a picture of the item in her wallet.	10 Learn about upcoming special events at your teen's school. Make plans to attend at least one.	11 Is your teen planning a party? Limit the guest list. Be present. Walk around occasionally, offering snacks.	12 Play a game with your teen—cards, charades, a board game—whatever he'd like.
13 Have your teen talk to older relatives about their childhood days.	14 Visit the public library this week. Look for a book you and your teen will both enjoy.	15 Discuss a controversial issue with your teen. Ask, "What do you think?"	16 Think of a meaningful quotation you love. Post it where your teen will see it.	17 Volunteer to host your teen's team/church/club dinner. You will realize how typical she is for her age!	18 Talk with your teen about what makes him happy and what causes stress in his life.	19 Help your teen bake cookies today. Review math skills by doubling the recipe.
20 Take advantage of time in the car with your teen. You can talk privately without interruption.	21 Talk with your teen about the very best present she ever received. What made it special?	22 Discuss the connection between rights and responsibility. Rights are earned by responsible behavior.	23 Tell your teen a family story. Try to think of one that teaches a lesson.	24 Ask your teen: "If you could trade lives with somebody you know, who would it be? Why?"	25 Give the gift of time to your teen. Time with parents is more important to kids than material things.	26 At dinner, have each family member say something nice about every person at the table.
27 Do you have a home project to do? Let your teen help.	28 Talk with your teen about the qualities that make a good friend.	29 Don't criticize or correct your teen in front of peers.	30 Ask your teen who in your family he thinks he is most like. Why?	31 Have your teen use the letters in her name to write a poem about herself.	2015	

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<h2>January 2016</h2>					1 What activities did your teen enjoy doing with the family last year? Schedule time on the calendar to do some of them this year.	2 Teens need to visit the library regularly. Make sure your teen has a library card.
3 Help your teen set a goal and write a plan to achieve it this year.	4 Remember that children learn from your actions more than your words. Focus on setting a good example.	5 Encourage your teen to tutor. Teaching someone else will strengthen his own grasp of the subject.	6 Make an appointment to spend time with your teen this month. Write it on your calendar and don't cancel.	7 With your teen, agree on an adult friend that she can call if she doesn't feel comfortable asking you for advice.	8 Prepare a healthy snack for your teen to have when he gets home from school.	9 Do some research on drug abuse. Make sure you and your teen have the latest facts.
10 Choose a letter from an advice column. Read it aloud. Then ask everyone to take a turn being the advice columnist.	11 Keep your teen's math skills sharp. Have her estimate the tax on a purchase or the tip for service at a restaurant.	12 Think about the rules you have for your teen. Are they appropriate for his age?	13 Talk to your teen about the health problems caused by smoking.	14 Don't say, "I know how you feel." Teens believe their feelings are unique.	15 Make tonight another no-TV night. Read instead.	16 Encourage your teen to check out a book about a career that interests her.
17 Enjoy some physical activity with your teen. You'll both get exercise—and it may lead to some interesting conversation.	18 Have your teen make an audio recording of key ideas from a chapter he's reading and play them back to study.	19 When reviewing your teen's graded work, comment on answers she got correct before looking at the ones she missed.	20 When your teen overreacts, it's important for you to stay calm. Set a time to talk later when you both are in control.	21 Try to eliminate pessimistic phrases when talking with your teen. Replace "It won't work" with "Why not try it?"	22 Be sure your teen knows that your rules apply when he's at a friend's house, not just at home.	23 Prepare an old family recipe with your teen. Talk about how this special dish has been handed down through the years.
24 Watch a movie with your teen.	25 Encourage your teen to review class notes every day.	26 To encourage saving, you might match your teen's savings with an equal contribution.	27 Keep talking about school. Every day, ask your teen what she's learning and thinking about.	28 Teens often tell you as much through behavior as through words. "Listen" to your teen's body language.	29 Help your teen see that he can't control others, but he <i>can</i> control how he reacts to others.	30 Plan to do something for a neighbor in need. Community service is important for teens' self-esteem.
31 Encourage your teen to draw a self-portrait.						

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	1 Teens know their shortcomings. They need you to remind them of their strengths.	2 Help your teen set priorities when studying. Which is most important? Due first? Most difficult?	3 When your teen chooses courses for next year, remind him that a B in a tougher course is better than an A in an easy course.	4 Don't criticize your own body in front of your teen. Instead, talk about being healthy and strong.	5 Expect your teen to attend school every single day—and to be on time!	6 The next time you drop your teen off at practice or rehearsal, stay a few minutes and watch.
7 Ask your teen to record "A day in the life of our family." She can take pictures and notes.	8 Let your child see you reading often. This teaches him that reading is important and fun.	9 Talk with your teen about a choice you have made. Then talk about the consequences of that choice.	10 Cut the headline off of a news article. Have your teen read the article and write a headline. Compare the two.	11 Encourage your teen to use self-stick notes to write down things she needs to remember.	12 List your teen's successes last week. List your own, too. Post the lists where you can both see them.	13 Choose a food that is new to your family. Ask your teen to help you prepare it for dinner.
14 Want to let your teen know you love him? Give him a genuine and specific compliment.	15 Encourage your teen to write a letter to a teacher or coach who has positively influenced her.	16 Share ideas with your teen about the best ways to remember facts for a test.	17 Avoid focusing so much on grades that your teen is tempted to cheat.	18 Teach your teen to cheer himself on. Positive self-talk, such as "I can do this" will keep him motivated.	19 Encourage your teen to take responsibility for her work. Remind her only once that she has homework.	20 Introduce your teen to historical fiction. It's a great way to put a human face on a historical era.
21 Give your teen a budget and let him take over the grocery shopping for a week.	22 When your teen brings home an assignment, ask her what she hopes to learn from it.	23 Establish times when texting is not allowed, such as during mealtimes, after bedtime and while driving.	24 Remind your teen of the long-term benefits of achieving in school.	25 Not all teens want to go to college. Explore other options, such as trade school or the military.	26 Bow out of power struggles. Let your teen experience the consequences of misbehavior.	27 Encourage your teen to do a good deed for someone, like a neighbor or a teacher.
28 Set aside time to talk with your teen today.	29 2016 is Leap Year. Help your teen take a leap into a new project, activity or hobby.	<h2>February 2016</h2>				

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