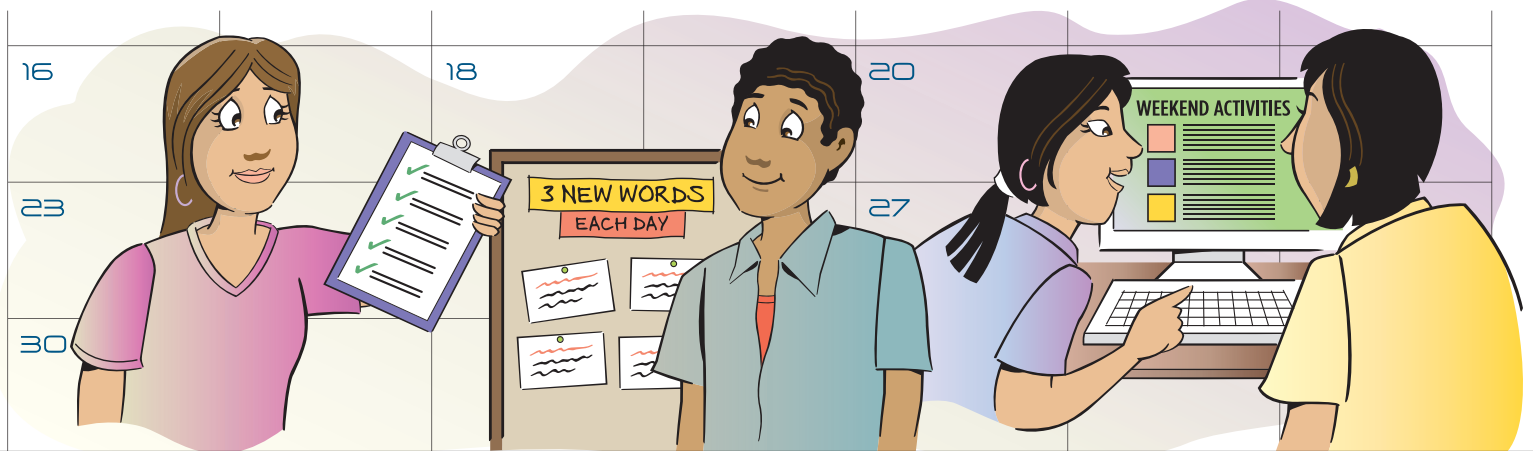


# Parent Pointers

## Calendar

Perris Union High School District



THE PARENT INSTITUTE®

## Parent Pointers

### Calendar

High School Parents  
*still make the difference!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Teens need to have specific goals. Help yours set three or four learning goals for this year. Write them down.	<b>2</b> Does your teen have a regular study schedule? Teens need to set aside time every day for schoolwork.	<b>3</b> Encourage your teen to spend 10 minutes each night getting ready for the next day.	<b>4</b> Don't try to be too understanding. Your teen needs a parent more than another friend.	<b>5</b> Set aside some time to spend one-on-one with your teen today.
<b>6</b> Have your teen turn off the TV for the day. He can fill his time reading, playing games, talking with friends and exercising.	<b>7</b> Ask your teen to keep a to-do list. When she writes down things she needs to do, she is less likely to forget them.	<b>8</b> Tell your teen how something you studied in school has helped you at work.	<b>9</b> Can your teen study effectively while listening to music? Some can and some can't. Have him experiment to find out.	<b>10</b> Keep computers and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting.	<b>11</b> If your teen has strong opinions on an issue, encourage her to write a letter to the editor of your newspaper.	<b>12</b> Make library trips a regular part of your family schedule. Check out a book about careers with your teen.
<b>13</b> Look for a skill you and your teen can learn together. It's a fun way to get to know your teen on a new level.	<b>14</b> Set limits on how often your teen can go out with friends during the school week.	<b>15</b> Designate a storage place for something your teen always loses, such as his keys.	<b>16</b> Think your teen is too old for reading aloud? Try it. Or try listening to audio books together.	<b>17</b> Accept your teen's mistakes. Allow them to be learning opportunities.	<b>18</b> Many parents give their teens a clothing allowance. It teaches budgeting and can prevent arguments.	<b>19</b> Some teenage parties involve alcohol. Check with the host's parents before you allow your teen to attend.
<b>20</b> Listen to your teen's music. Have her play a favorite song. Listen to the lyrics and discuss what you hear.	<b>21</b> Encourage your teen to read the newspaper every day this week. Choose a cover story to discuss.	<b>22</b> Tell your teen about your day in as much detail as you would like to hear about his day.	<b>23</b> Teens may say, "Everyone else is doing it." Don't cave in—say, "Well, we aren't."	<b>24</b> Don't violate your teen's privacy. By providing privacy, parents demonstrate respect.	<b>25</b> Plan a weekend family activity. Let your teen invite a friend.	<b>26</b> If your teen has a part-time job, insist that she save some money for college or other future plans.
<b>27</b> Take your teen to breakfast, or serve a favorite breakfast at home. Make this a regular habit.	<b>28</b> Encourage your teen to make decisions. Involve him in decisions about allowance, curfews and other rules.	<b>29</b> Talk to your teen about bullying. Has she ever been bullied at school? Has she ever bullied another student?	<b>30</b> One night this week, sit down and watch your teen's favorite TV show with him. Then talk with him about it.	<h1>September 2015</h1>		