

Being Active in Your Child's Life

Getting to Know Your Child's Friends

- It is important to know who your child is friends with
- Friends play an important role in a child's life and development
- Make sure your child is friends with a diverse, well-rounded group of kids
- Offer to drive your child and their friends places to get to know them
- Encourage your child to invite friends over
- Talk with your child about right and wrong decisions
- Talk with your child about peer pressure

Getting to Know Your Child's Friends' Parents

- Make time to meet the parents
- Talk with parents to ensure your child is safe and supervised
- Share rules and views with other parents
- Do not let your child go to a friend's house if you do not trust the parents
- Be sure your child knows how to contact you in case of an emergency
- Model behavior you want your child to follow

Participating in Homework

- Being active in your child's schoolwork will help them succeed
- Set a regular time and place away from distractions for homework each night
- Monitor homework assignments to make sure your child is completing them
- Remind your child of due dates
- Offer help to your child if they do not understand something
- Get to know your child's teacher and what they are learning in class

Participating in School Activities

- Children do better and behave better when parents are involved
- Read with your child
- Volunteer in your child's classroom
- Set-up parent teacher conferences
- Attend school events
- Attend any events your child is participating in
- Get involved in your school's parent teacher organization (PTO)
- When a child sees a parent caring about their education they are more likely to try harder

Mealtime with Your Family

- Family mealtime is a good way to get to know what your child is doing
- Have family conversations about what everyone is doing during meal times
- Frequent family meals are related to better nutrition and a decreased risk of being overweight
- Children who frequently eat meals with their families tend to do better in school
- Family mealtime is a good way to strengthen family ties
- Involve children in preparing food
- Set a positive example of proper manners and behavior at mealtime