

10 Ways Parents Can Help Teachers

Teaching academic skills is a tough enough task for teachers. Emotional, social and spiritual development should be focused in the home. You can help teachers and create a better learning environment for your children by following these tips:

- Create a smooth takeoff each day. Give your child a hug before she ventures out the door and you head to work. Look her in the eye, and tell her how proud you are of her. Your child's self-confidence and security will help her do well both in school and in life.
- Prepare for a happy landing at the end of the day when you reconvene. Create a predictable ritual such as 10 to 20 minutes listening to your child talk about his day—before you check phone messages, read e-mail, or begin dinner. That way you are fully present to listen, and your child has a touchstone he can count on between school and home.
- Fill your child's lunchbox with healthy snacks and lunches. Have dinner at a reasonable hour and serve a healthy breakfast. A well-balanced diet maximizes your child's learning potential. Check out www.pta.org for ideas.
- Include calm, peaceful times in your children's afternoons and evenings. Maintain a schedule that allows them to go to school rested, and if they are sick, have a system in place so they are able to stay home.
- Remember it's your children's homework, not yours. Create a specific homework space that's clutter-free and quiet. Encourage editing and double-checking work, but allow your kids to make mistakes, as it's the only way teachers can gauge if they understand the material. It's also how children learn responsibility for the quality of their work. Get more [homework tips online](#).