

Habits at home can help your child thrive in school and life

Every family—and every child—is different, but there are ways all families can set their children up for success. Studies show that kids are more likely to achieve in elementary school and beyond when their parents give them the tools to succeed. To help your child:

- Assign chores. Kids who have responsibilities around the house learn how to be responsible. Give your child a list of weekly tasks to complete. He may grumble, but don't give in.
- Teach social skills. Your child's success in life hinges on more than grades; it centers on his ability to get along with others. Model good behavior—like cooperation and courtesy.
- Set the bar high. Expect your child to do well, and he'll rise to the occasion. Don't demand perfect grades, but do insist he work to the best of his ability. And praise him when he tries hard—even if he falls short. When you show him you believe in him, he'll believe in himself.
- Nurture your relationship. You are your child's parent, not his friend. But you're also his ally. So, make time to have fun together! Share a hobby. Play catch in the yard. Never let your child forget you're on the same team.
- Take care of yourself. If you're always stressed, your child will be, too. Carve out time to relax, exercise, or curl up with a good book. A calm, peaceful home starts with you.

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