

Help your child make learning resolutions

The start of a new year is a traditional time for making resolutions. Why not help your child make some learning resolutions to help her finish the school year strong?

Here's how:

1. Start a conversation. Tell your child something you've resolved to change. "This year, I'm going to get more exercise and cut back on watching TV." It'll show her that a resolution is really just a promise you make to yourself.
2. Get her thinking. Are there things she's struggled with in class? Nudge her toward making improvements. "You've had trouble getting your homework done on time. What could you do to fix that?" Creating a study routine, starting projects earlier, or organizing her school supplies are three examples of things she could resolve to do.
3. Define the goal. Resolutions can be vague. She can make hers concrete by turning it into a specific goal. Use her "creating a study routine" resolution and make it real. "I resolve to spend at least 15 minutes studying every day." When a goal is measurable, it is easier to achieve.
4. Be supportive. Resolutions have a way of fading away. So support your child if she starts to slip. "I know it's hard to stick to a study routine, but you can do it!" Remind her that falling short once in a while doesn't mean she can't get back on track.

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