



Review the school year and make necessary adjustments

It's the beginning of a new calendar year—and nearly the halfway point in the school year. So it's a good time to take stock of your child's habits and make needed adjustments.

Talk with your child about how she thinks the school year is going. If the two of you had set learning goals at the start of the year, review those goals now. Is she making progress? How can she make the rest of the school year even better?

Then, help your child make some resolutions. Here are three to consider:

1. **Recommit to routines.** Has your child's bedtime begun to slip? Are mornings more rushed? Is her regular study time now not quite so regular? Sleep and study routines make life easier—and help kids do better in school.
2. **Spend more time reading.** There is no skill that will help your child more in school. And reading ability, like other skills, gets better with practice. Encourage your child to read every day. Let her read about anything, from sports to her favorite movie character.
3. **Spend less time on screen media.** Talk about the amount of time your child spends in front of screens. How much time does she spend watching shows and movies? Playing online games? Browsing the internet? Set and enforce limits.

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