

Some of the best sources of support for our children are from people just like us! This is a list of tips for parents from parents on helping our children do their best work at school.

- **Avoid surprises**
 - Check your child's book bag daily.
 - Ask your child's teacher how things are going BEFORE progress reports come out and be ready to help. Teachers appreciate a parent who wants to help.

- **Reduce stress**
 - A good night's sleep begins with a "wind down" time. A good night's sleep can produce a calmer child in the morning. A good night's sleep can help your child stay focused longer at school.
 - A well-nourished child can focus on tasks instead of hunger. Many snack foods have ingredients that cause drowsiness. A sleepy child is not a happy child and not a child that is open to learning.
 - Give your child some control. Allowing your child to make some decisions can reduce their frustration.

- **Use your skills**
 - Talk with your child all the time. The more words your child understands, the easier it can be your child to learn to read
 - Describe everyday events as they happen. "Look at the red truck." "See the big building." "I put on my left shoe first." These descriptions build your child's vocabulary.

- **Use local resources**
 - Go to the libraries
 - Use neighborhood and church literacy programs
 - Start your own homework support group
 - Children thrive when they feel that someone cares and is watching.

The Literacy Alliance

706-748-2610

*Our vision is to facilitate the growth of literacy levels
in our community*