

HOW TO RAISE A SUCCESSFUL CHILD

1. **Establish routines** – Families have busy schedules, but as much as you can, try to stick to a routine, so that children know what to expect each day. If schedules are complicated or change frequently, provide your child with a written schedule each day and review it every day and/or evening. Remember to always include homework time and reading time in the schedule every evening. Reading time provides an excellent opportunity to improve critical literacy skills while also incorporating much needed “down” time into your child’s day, so important as we all juggle to manage busy lifestyles.
2. **Check in frequently** - Ask your child about her school day often. Try to ask open ended questions to avoid those one-word answers. (“What was the hardest thing you did today?” “Tell me something funny that happened.” “What are you learning about in science?” “Who did you sit with at lunch?”). When you show interest in her learning, she will understand the importance of her education.
3. **Talk about feelings** – Discuss your own feelings in various situations, and encourage your child to do the same. Reinforce the idea that all feelings are natural and acceptable, but hurtful or unsafe behaviors are not. Building an emotional vocabulary is the first step in building emotional competence – the ability to recognize and identify one’s own emotions, as well as those of others, and to manage and communicate them appropriately.
4. **Problem solving** - When your child tells you about a problem that he is facing, rather than offering solutions, or getting immediately involved to try to fix things, (which is every parent’s natural instinct) encourage brainstorming for solutions, discussing the pros and cons of each idea. Then encourage your child the opportunity to solve it first. This helps him to build his own problem-solving skill set, and promotes self-confidence.
5. **Emphasize good effort instead of good results.** Praise hard work, practice, and perseverance as the pathways to learning and improving. Saying “you’re so smart!” is a hard habit to break, it often comes naturally to a loving parent, but try instead to compliment how hard she is trying, comment on how he doesn’t give up easily, or point out how practicing a skill has resulted in real improvement over time.
6. **Mistakes are great!** They are also a necessary part of life because we cannot learn without them. This is a message that helps all children increase their willingness and confidence to try something new, or take that guess.
7. **Know your child’s friends and playmates** – They will have a strong influence on their values, attitudes and behaviors, and this influence will become stronger as they get older.
8. **Monitor your child’s time online** – Social media bullying, online predators, and inappropriate content are all real dangers. Allowing unlimited and unrestricted access can be extremely harmful to your child, even dangerous.
9. **Communicate with the school** – It takes a village! Let the school know if you have any concerns. The more we know, the better we can help your child have a great school experience!
10. **Never forget that you are always a role model** – If you want your children to value reading, let them see you reading. If you want your child to effectively manage her emotions and behavior, let her see you exercising self-control. If you want your child to show respect to others, be sure to show that same respect to him at all times. Parents are and always will be children’s first and most influential teachers. What we do as parents is far more important than what we say.