



Tips TO HELP OUR CHILDREN SUCCEED IN SCHOOL



Reporting facts.



Measuring change.



Promoting progress.



**SC EDUCATION
OVERSIGHT COMMITTEE**

www.eoc.sc.gov

GET A HEALTHY START

- Take your children for annual check-ups with your doctor or the local health agency. Children who feel well enjoy school more.
- Have your children's vision checked. The ability to see the classroom board and the differences between the words and letters is critical to school success.
- Have your children's hearing checked. Children must be able to hear the teacher and their classmates so that they understand the classroom activities.
- Provide your children with three meals and snacks daily. Avoid high-sugar foods and drinks. Fruits, vegetables, dairy products, proteins and breads are best for your children's health and success.

LET YOUR CHILDREN KNOW YOU CARE

- Tell your children that you love them – and tell them again and again.
 - Tell your children that you have confidence in their abilities to succeed in school.
 - Expect your children to do their best, both in and out of school.
 - Ask your children how they feel and listen to their concerns; help them resolve their problems.
 - Encourage, encourage and encourage.



*Tell your children that you love them
– and tell them again and again.*

ESTABLISH FAMILY ROUTINES

- Establish a schedule for eating, sleeping, playing, working, studying and reading.
- Find a time for reading with your children every day.
- Limit the amount of time your children spend watching television.
- Supervise Internet access.

TALK TO AND PLAY WITH YOUR CHILDREN

- Ask specific questions about your children's days.
- Use meal and travel times for conversations.
- Use complete sentences with descriptive words.
- Set a positive example.
- Insist that your children avoid risky behaviors, especially alcohol, drugs, sex and violence.
- Teach your children games that emphasize following the rules, taking turns and being good sports.
- Visit parks, museums and other community resources with your children.



MAKE DAILY READING A HABIT

- Have your children read to you every day.
- Get a library card so that your children have access to free reading materials.
- Play games with words so that your children use them to describe their world and expand their vocabulary.
- Encourage your children to ask “Why?” and then find the answer through reading.



INSIST ON COMPLETED HOMEWORK

- Provide your children with a quiet place to study.
- Insist that the TV remain turned off until homework is completed.
- Ask your children’s teachers for examples of “good” work so you can guide your children at home.



KNOW YOUR CHILDREN’S FRIENDS

- Meet your children’s friends and make certain they are good role models.
- Invite the friends to your home so you can get to know them.
- Whenever possible, get to know the families of your children’s friends and establish common rules.
- Ensure that after-school and summer activities are supervised by adults.
- Establish rules regarding visitors when no adults are home.

TAKE YOUR CHILDREN TO WORK

- Explain your job to your children and show how what they are learning in school is useful in the workplace.
- Introduce your children to your co-workers so that they understand where you are when you are not at home.
- Encourage your employer to use flextime or provide leave for school conferences, parent-child activities, etc.



Whenever possible, get to know the parents of your children’s friends and establish common rules.

INVOLVE THE ENTIRE FAMILY

- Encourage your children to form bonds with their extended family.
- Use grandparents as a resource to teach your children about the community and its history.
- Use family occasions as times to celebrate the progress of your children.

WORK WITH THE SCHOOL TO CHALLENGE YOUR CHILDREN

- Ensure that your children enroll in courses that challenge them.
- Keep in touch with your children's teachers through telephone calls, school visits or notes.
- Tell the teacher about your children's interests, talents and problems.
- Work with your school to establish consistent expectations for your children.



If you cannot meet during regular hours, work with the teacher to set a special time.

ATTEND CONFERENCES WITH YOUR CHILDREN'S TEACHERS

- Start the conference right; be there on time.
- If you cannot meet during regular hours, work with the teacher to set a special time.
- If there's a problem, look for solutions, not blame.
- Talk to your children before conferences so you understand their concerns.
- Take notes so you can remember what you want to say and what the teacher shares with you.
- Leave the conference with a plan that involves your children, the teacher and you.
- Stay in touch with your children's teachers.
- Remember – the goal is for your children to succeed in life.





SC EDUCATION OVERSIGHT COMMITTEE

South Carolina Education Oversight Committee
PO Box 11867
Blatt Building, Room 227
Columbia, SC 29211
(803) 734-6148
www.eoc.sc.gov

The Education Oversight Committee does not discriminate on the basis of race, color, national origin, religion, sex, or handicap in its practices relating to employment or establishment and administration of its programs and initiatives. Inquiries regarding employment, programs, and initiatives of the Committee should be directed to the Executive Director at (803) 734-6148. *Total printing cost – \$2,353.00 Units Printed – 25,000 Cost Per Unit – 9 cents.*