



Tips TO HELP OUR CHILDREN SUCCEED IN SCHOOL



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Measuring change.



Promoting progress.



**SC EDUCATION
OVERSIGHT COMMITTEE**

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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.





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