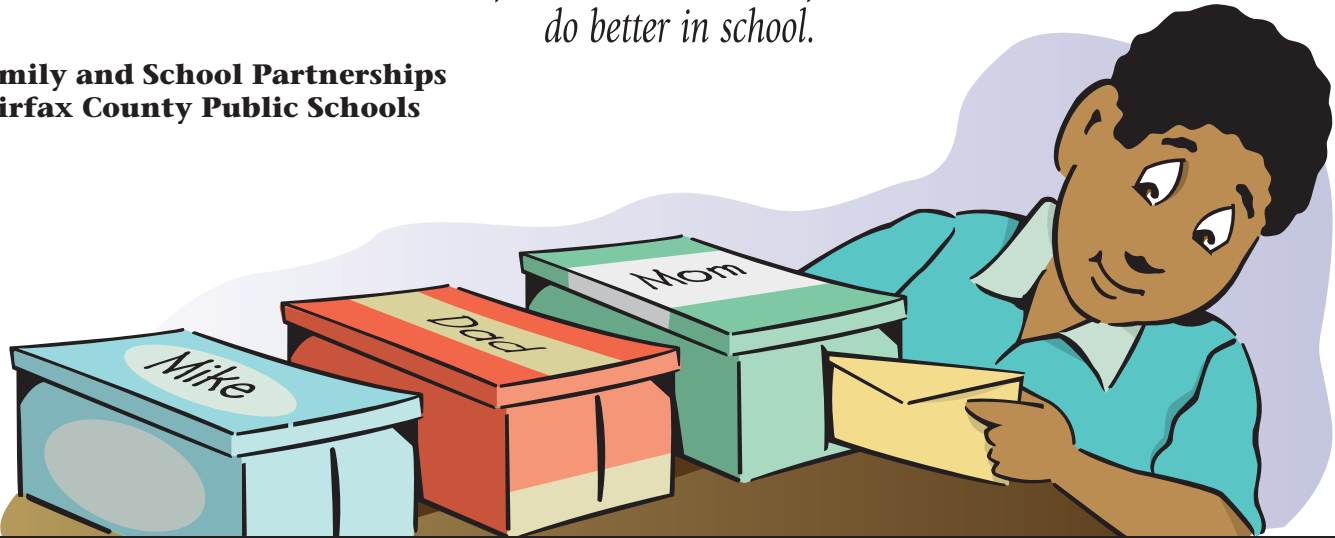


Daily Learning Planner

*Ideas parents can use to help children
do better in school.*

**Family and School Partnerships
Fairfax County Public Schools**



**THE
PARENT
INSTITUTE®**

September • October • November • 2009

September 2009

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Better in School—Try a New Idea Every Day!

- 1. Make an appointment to spend time with your child this month and write it on your calendar.
- 2. Watch a funny TV show with your child. Then have him draw a comic strip showing what it was about.
- 3. Take a walk with your child and the family pet.
- 4. Name different types of punctuation with your child. Identify them in your local newspaper.
- 5. Help your child set a school-related goal. Write down the steps he'll take to reach it. Post the goal in a visible spot.
- 6. Ask your child, "What are your three favorite songs?"
- 7. Set up a special place for your child to study.
- 8. Choose a place for things that go to school. Help your child get into the habit of putting things there each day.
- 9. Show your child 10 objects. Have her close her eyes while you remove one. Can she guess what's missing?
- 10. Invent a word with your child. Write a silly definition.
- 11. Ask your child to tell you a story.
- 12. Ask your child to put on a talent show with his friends.
- 13. Start a family savings plan for a special goal. Discuss how your family can reach the goal together.
- 14. Limbo under a broomstick with your child.
- 15. See if your child can tie a bow behind her back.
- 16. Look at the weather map in your local newspaper. Ask your child to find the hottest spot and the coldest spot.
- 17. Help your child start a collection.
- 18. Ask your child what he would do with five dollars.



- 19. Visit an interesting place in your town. Then ask your child to create an ad to tell others about it.
- 20. Review spelling words with your child tonight.
- 21. Ask your child to tell you something she learned in school today. Then tell her something you learned today.
- 22. Pay your child a compliment today.
- 23. Ask your child, "What one thing makes you feel really excited?"
- 24. Make sure your child has access to basic reference books when he studies (atlas, dictionary, thesaurus).
- 25. Draw a picture with your child today. Hang it on the refrigerator.
- 26. Have your child tape paper towel rolls together to form a long chute. Then have her start a small ball at the top and roll it to the bottom.
- 27. Cut out four pictures from a magazine. Ask your child to tell you a story that involves something from each picture.
- 28. Do a library card checkup. Does every member of the family have a library card? If not, go to the library and sign up!
- 29. Ask your child, "If you could go anywhere in the world, where would it be?"
- 30. Choose a news story and learn more about it with your child.

Helping Children Learn®
Tips Families Can Use to Help Children Do Better in School

Elementary Edition

October 2009

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Better in School—Try a New Idea Every Day!

- 1. Time different activities you and your child do in a day.
- 2. Ask your child, "What do you most enjoy doing with our family?"
- 3. Look through the newspaper with your child. What headlines interest her? Read an article together and discuss it.
- 4. Make a big pot of soup. Let your child help measure the ingredients.
- 5. Review math facts at the dinner table tonight.
- 6. Together, learn to say "hello" in two other languages.
- 7. Make up a song featuring your child's name.
- 8. Ask your child, "Other than recess and lunch, what was your favorite part of school today?"
- 9. Tell your child that you love him.
- 10. Take a walk and collect pretty leaves. Help your child put them between clear self-stick paper to make placemats.
- 11. With your child, glue craft sticks together to make a frame. Your child can decorate it with buttons and markers.
- 12. Keep a large basket as home base for library books.
- 13. Help your child create a joke collection. Your child can fill a notebook with jokes she hears. Cut jokes out of magazines or newspapers.
- 14. Plan a no-TV night. Play games or read instead.
- 15. Ask your child to choose a country. Then help him find books about it at the library.
- 16. Glue a picture of your child to a piece of paper. Have her draw things that represent what is special about her.
- 17. Give your child five pipe cleaners and challenge him to create an animal.
- 18. Teach your child a helpful skill, such as sewing on a button.
- 19. Plan an exercise "date" with your child. Pick an activity you both enjoy, such as walking or tossing a ball.

- 20. Role-play a sticky situation with your child. What would he do if his friend were teasing someone at school?
- 21. Make up a story with your child.
- 22. Teach your child how to prepare nutritious after-school snacks.
- 23. Plan a family trip to a nearby museum.
- 24. Take your child out for a one-on-one breakfast.
- 25. Change chairs at mealtime. Pretend to be the person who usually sits in that chair.
- 26. Do a crossword puzzle with your child.
- 27. Challenge your child to fold a piece of paper into a usable drinking cup.
- 28. Start giving your child an allowance. Discuss what she can use it for, such as buying things, saving and giving to charity.
- 29. Give your child some string and a button. See if he can thread the string through the button holes and make the button spin.
- 30. Let your child stay up later to read.
- 31. Let your child scrape crayon pieces onto a piece of paper. Cover with waxed paper and another sheet of paper. Then you (not your child) use a warm iron to melt the crayon.



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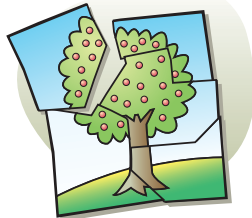
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November 2009

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Better in School—Try a New Idea Every Day!

- 1. Listen for cities, states and countries mentioned on TV and elsewhere. Locate them on a map with your child.
- 2. Take your child to the library and introduce her to the librarian.
- 3. Ask your child, "Who is the nicest person you know?"
- 4. Build math understanding. Say a number, such as 162. Then have your child write it in words: "one hundred sixty-two."
- 5. Challenge your child to determine the direction of the wind by using his finger or by watching things blow.
- 6. Discuss a current event with your child.
- 7. Help your child make a list of items, such as vegetables. Then have her put them in alphabetical order.
- 8. Fold paper towels into parts. Start with halves, then fourths, eighths and sixteenths. Use a marker to label the fractions.
- 9. Play tic-tac-toe with your child.
- 10. Let your child quiz *you* about things he is learning in school.
- 11. Ask your child to flick her cheek while changing the shape of her mouth to get different sounds.
- 12. Teach your child how to take his own temperature and to count his pulse and respiration rates.
- 13. Make a jigsaw puzzle with your child. Glue a picture from a magazine onto cardboard. Cut it into puzzle pieces.
- 14. Put a map of your state or province on the wall. Let your child use a highlighter to mark places you have visited.
- 15. Volunteer as a family. Let your child help pick what to do.



- 16. See how many ways your child can write a number. For example, 4 can be written 1+3, 2+2 or 6-2.
- 17. Ask your child to tell you a bedtime story tonight.
- 18. Make a TV-viewing schedule with your child. Limit TV time to 10 hours per week or less.
- 19. Take turns reading aloud with your child.
- 20. Challenge your child to learn a new word every day.
- 21. Visit the produce department at the grocery store. Ask your child to guess how much certain foods weigh.
- 22. Let your child see you reading today.
- 23. Ask your child, "What is the best job in the whole world?"
- 24. Help your child figure out the average height of the people in your family.
- 25. Give your child a calendar. Suggest she fill it with notes about homework, tests and school activities.
- 26. With your child, create an indoor miniature golf course with obstacles and ramps.
- 27. Start a project with your child, such as building a model or a doll house. Make plans to work on it regularly together.
- 28. Ask your child to help you plan a fun activity.
- 29. Cut drinking straws into one-inch-long pieces. Let your child string them on string to make a necklace.
- 30. Help your child figure out the average time he spends reading per day.

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