Daily Learning Planner

January 2022

1. Help your child set and write down goals for 2022. Set some for yourself, as well.
2. Encourage your child to start a diary or journal.
3. Ask your child to tell you about this week’s assignments.
4. Strive to eat together as a family at least once every day.
5. Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.
6. Encourage your child to ask at least one question in each of her classes regularly.
7. Remind your child how important it is to turn in schoolwork on time. Just one zero can bring down a grade an entire letter.
8. Encourage your child to find out when teachers are available to give extra help.
9. Call out words from a dictionary. Take turns guessing how to spell them.
10. Try to have a rhyming conversation with your child. It may be tough at first, but you’ll both get better!
11. Share a study strategy, such as doing one more quick review of material right before bed.
12. Talk to your child about social media. Make it clear that he should never say or do anything online that he wouldn’t in real life.
13. Help your child consider possible consequences before she makes a decision.
14. “Because I said so!” is frustrating for middle schoolers to hear. Explain your reasoning when possible.
15. Check out an astronomy book at the library. Together, learn some new facts about the planets.

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

16. Talk with your child about how education has helped you in your job and everyday life, or why you wish you had gotten more.
17. Have your child teach you something he is learning, such as a science skill.
18. Ask your child, “Is there anything you wish you understood?” Then research the topic together.
19. Read and talk about a poem with your child.
20. Admit and apologize to your child when you’re wrong.
21. Talk with your child about the connection between rights and responsibilities.
22. Create a word search puzzle for your child by hiding words in a grid and surrounding them with random letters.
23. Ask about your child’s most challenging school subject. Together, brainstorm strategies to make it easier.
24. Thank your child for doing something.
25. As a family, decide on a household rule and the consequences for breaking it.
26. Try to remember your life as a middle schooler. It can help you relate to your child.
27. Encourage your child to write a thank-you note to a teacher or coach who has positively influenced her.
28. If your child wants to talk when it’s inconvenient, arrange to talk later.
29. Adolescents can be very critical. Praise your child when he is kind.
30. Spend 20 minutes on DEAR time today (Drop Everything And Read).
31. Never comment on your child’s weight. Instead, emphasize the need for proper nutrition and exercise to maintain a healthy body.