

# Parent Pointers

## Calendar

HOPE School  
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THE PARENT INSTITUTE®

## Parent Pointers

### Calendar

High School  
**Parents**  
*still make the difference!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Help your teen set a goal and write a plan to achieve it this year.	<b>2</b> Set a goal of spending more time with your teen. Be creative—can you rearrange work to be home one afternoon?	<b>3</b> With your teen, learn how to count to 10 in at least three different languages.	<b>4</b> Is your teen planning a party? Limit the guest list. Be present. Walk through the party occasionally, offering snacks.	<b>5</b> When you watch TV, ask your teen questions: “Was that a good idea?” “What would you do?”	<b>6</b> Bake bread “from scratch” with your teen. You’ll have time to talk while you’re kneading the dough.	<b>7</b> Make a list of the best times you had during the last year. Schedule time on the calendar to do them in 2012.
<b>8</b> Teens who read regularly earn the highest grades. Start a daily reading time for the entire family.	<b>9</b> Plan a week of alphabet dinners—serve foods that start with the same letter. Choose a different letter each day.	<b>10</b> Ask your teen’s advice on some problem facing you. Together, list pros and cons.	<b>11</b> Encourage your teen to start a diary or journal this year.	<b>12</b> Is your teen shy? Encourage her to seek out someone who looks ill at ease, smile and start a conversation.	<b>13</b> The first public radio broadcast was on this date in 1910. Instead of watching TV tonight, listen to the radio.	<b>14</b> Visit the public library this week. Look for a book your teen and you might both enjoy.
<b>15</b> Studies show today’s kids suffer from “time poverty”—lack of time with caring adults. Spend more time together.	<b>16</b> Help your teen set up a study schedule. She’s more likely to remember material studied over several days.	<b>17</b> Teens need a voice in their day-to-day lives. Review a few of your household rules together.	<b>18</b> Girls who participate in sports have higher self-esteem and get higher scores on college entrance exams.	<b>19</b> Just for fun, serve a “backwards dinner.” Eat dessert first.	<b>20</b> After your teen takes notes, have him look for key ideas. He can draw a picture to illustrate them.	<b>21</b> Bake “fortune cookies”—write short messages on short pieces of paper and bake them into a favorite cookie.
<b>22</b> Go to your teen’s events. Spending time on the sidelines is a great way to show her how important she is.	<b>23</b> Be available by phone or in person right after school. It’s often when your teen is most ready to talk.	<b>24</b> Comment on answers your teen got right before looking at the ones he missed, when reviewing his work.	<b>25</b> Turn old snapshots or drawings of family members into a family mobile.	<b>26</b> Enjoy some physical activity with your teen today.	<b>27</b> It’s the birthday of W.A. Mozart. Listen to some classical music with your teen.	<b>28</b> Compliment your teen on something about his appearance today.
<b>29</b> Teens need time alone with their thoughts. Suggest activities your teen can do alone—crafts, art, music.	<b>30</b> Allow your teen to take over some life-management tasks. Let him make doctor’s appointments, etc.	<b>31</b> Ask your child what she would do if a friend of hers stole something from a store.	<h1>January 2012</h1>			