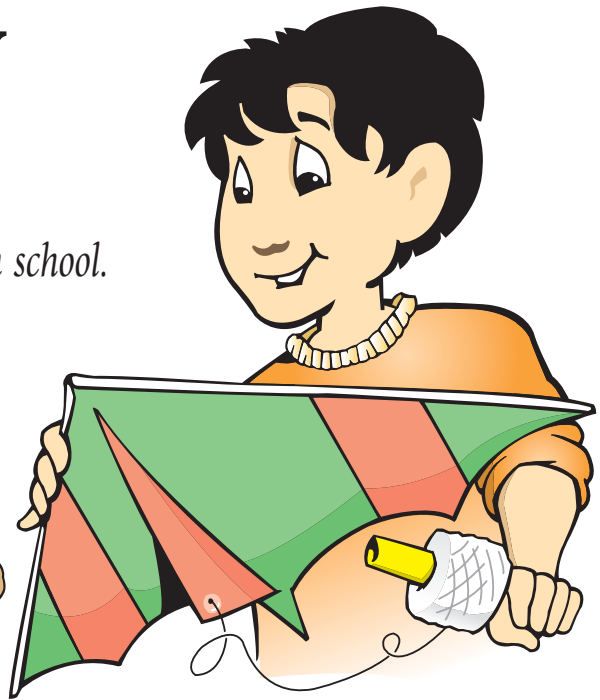


Day *by* Day

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

**Robert Frost Elementary School
Robert Frost Elementary School**



THE
PARENT
INSTITUTE®

DECEMBER • JANUARY • FEBRUARY • 2005 - 2006

December 2005

- 1. Glue a picture of your child to a piece of paper. Have her draw things that represent what is special about her.
- 2. Let your child read the label on a food your family eats. What vitamins does it contain? How much fat is in it?
- 3. Do something nice together for your neighborhood, like picking up litter.
- 4. Talk to your child about how recycling paper is one of the ways we can help save natural resources.
- 5. Pretend to go back in time with your child. Pick a period of time and reenact the event together.
- 6. Help your child figure out the average height of the people in your family.
- 7. Teach your child to disagree respectfully.
- 8. Play Go Fish with your child.
- 9. Create an art gallery with your child. Frame his artwork.
- 10. Ask your child, "What is your favorite book? Why?"
- 11. Create and keep a family logbook. Everyone can jot down and read thoughts, reminders and accomplishments.
- 12. Read a favorite fairy tale to your child.
- 13. Ask your child to alphabetize your music collection by artist.
- 14. Ask you child "what if" questions. "What if it never rained?"
- 15. Make a costume box for your child. Fill it with hats, shoes and old clothes.
- 16. Give your child weekly tickets worth a half hour of TV time each. Let her cash in unused tickets for special treats.
- 17. Plan a compliment day, when your family will give lots of genuine compliments.
- 18. Visit an art museum with your child and talk about the paintings.
- 19. Ask your child, "What if dogs could talk?"

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- 20. Start a family collection of reading reviews. When someone reads a book, they write a review in a special notebook.
- 21. Play an age-appropriate board game with your child.
- 22. Plant an herb garden in pots on your window sill. Let your child taste the leaves and describe the flavors.
- 23. Plan a "no-TV" evening.
- 24. Tonight, allow a few minutes after lights are out for quiet conversation with your child.
- 25. See who in your family can name the most relatives.
- 26. Pick a category, such as *animals*. Then pick a letter, such as *b*. How many items from that category begin with that letter?
- 27. Hide an object and give your child clues to help him find it.
- 28. Plan a reading dinner. Allow everyone to bring a book to the table. Spend some time reading, then share your thoughts.
- 29. Let your child put a leafy stalk of celery into colored water. Watch the color rise into the stalk over the next week.
- 30. Make a list of 10 things your child learned in school this year. Post it on the refrigerator.
- 31. Help your child organize her room.



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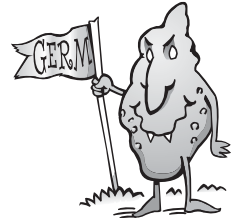
Elementary Edition

January 2006

- 1. Ask your child to tell you his favorite time of the year.
- 2. Plan an alphabet dinner. Serve three or four foods that start with the same letter of the alphabet.
- 3. Tell your child a story about when you were her age.
- 4. Make a big pot of soup. Let your child help with measuring.
- 5. Make up silly words and definitions with your child.
- 6. Find the positive side of a difficult situation. For example, "This line is long. Let's play a game while we wait."
- 7. Open a savings account for your child. Teach him how to balance it.
- 8. Talk about your child's schedule. Does he have enough *down time*?
- 9. Make an appointment to spend special time with your child this month and write it on your calendar.
- 10. How many farm animals can your child name?
- 11. Next time your kids argue, have them switch roles.
- 12. Have a family dinner by candlelight. Have each person share their favorite part of their day.
- 13. Ask your child to close her eyes and describe sounds that she hears.
- 14. Take your child to the library and introduce him to the librarian. Let him sign up for his own library card.
- 15. Talk about how you use numbers at home—setting the VCR or the oven timer.
- 16. Have your child make a collage of features taken from pictures of people.
- 17. Ask your child to design a cover for a favorite book.
- 18. Ask your child to draw things that make her happy.
- 19. Have your child hold his nose while he eats. Does it affect the taste of the food?
- 20. Discuss a book your child likes.

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- 21. Have your child pretend he's a character from a book. Ask questions until you figure out who he is.
- 22. Sit outside and look at clouds with your child. What do their shapes remind you of?
- 23. Let your child quiz *you* about things she is learning in school.
- 24. At dinner, ask everyone to share one thing that made them happy today.
- 25. Exercise as a family. Choose an activity everyone will enjoy.
- 26. Avoid germs. Teach your child to wash her hands often—before every meal, after sneezing and after playing outside.
- 27. Visit the library and check out a book about birds.
- 28. Turn chores into a game. Assign each chore a number and have your child roll a die to see which one she gets.
- 29. Encourage writing by helping your child make his own stationery on a computer.
- 30. While in the car today, ask your child to guess how many passengers will be inside cars as they approach.
- 31. Plan an indoor picnic with your child.



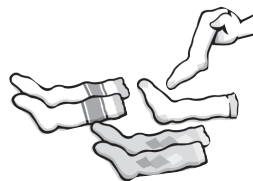
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Elementary Edition

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February 2006

- 1. Challenge everyone in the family to use the words "please," "thank you" and "excuse me" today.
- 2. Plan an activity the whole family will enjoy.
- 3. Teach your child the meaning of homographs—words that are spelled the same but have different meanings.
- 4. Visit the library with your child.
- 5. Research another culture and plan an evening to celebrate it.
- 6. With your child, estimate the number of socks in his drawer. Then count to find out the exact number.
- 7. Have your child send an "audio letter" to a relative.
- 8. Test your child's knowledge. Who is the president of the United States. Who is the prime minister of Canada?
- 9. Ask your child to invent something to make life easier.
- 10. Plan an indoor "camp-out" with your child.
- 11. Try a new sport with your child.
- 12. Test your child's observation skills. Can she describe someone who just passed her on the street?
- 13. With your child, read the same news story in two different publications. Compare the versions.
- 14. Learn how to say "I love you" in three different languages.
- 15. Call your local television station and see if you can arrange a tour for you and your child.
- 16. Watch the news with your child. Choose a story and compare it with a newspaper article on the same subject.
- 17. Have a "power out" night. Use flashlights. Avoid using electronics, such as the TV and computer.



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- 18. Have your child place a piece of paper on a tree trunk and rub with a crayon. This shows the tree's "fingerprints."
- 19. Do a crossword puzzle with your child.
- 20. Ask your child to name the current president. Ask him to name two presidents with February birthdays.
- 21. Ask your child to listen for a certain word as you read and have him say it aloud when he hears it.
- 22. Play "my day, your day" with your child. Ask questions about the other's day.
- 23. Give your child a short article from the newspaper. Ask her to circle all the verbs.
- 24. Look at a map with your child. Point out your state. Which states are nearby?
- 25. At dinner tonight, ask everyone how they used math today.
- 26. Ask your child to choose a country and learn more about it.
- 27. Build math understanding. Say a number, such as 162. Then have your child write it in words: one hundred sixty-two.
- 28. Watch a funny TV show with your child. Then have him draw a comic strip showing what it was about.

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