

Parent Pointers

Calendar

Connecticut Technical High Schools



THE PARENT INSTITUTE

June • July • August 2015

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Encourage your teen to write a letter to a teacher or coach who has positively influenced her.	2 Ask your teen what assignments from this past school year he thinks he'll remember five years from today.	3 Today, talk to your teen as you would to a friend or co-worker. How does your teen respond?	4 Does your teen have a summer reading list? Post it and have her check off books as she finishes reading them.	5 Don't pay your teen for regular chores. Helping out is every family member's responsibility.	6 Memorize something with your teen today. Try a poem or a quotation.
7 Take a walk with your teen and use all five senses to observe the world around you.	8 Plan a special activity to celebrate the end of the school year. Take your teen out for ice cream or fix a favorite meal.	9 Ask your teen to guess which ingredients or vitamins are in a food. Then check the label.	10 Will your teen apply for a summer job? Have him ask teachers and others now for permission to list them as references.	11 Does your teen have a Facebook page? Ask her to "friend" you so you can see what she posts.	12 Help your teen start a reading journal. Have him write about each book he reads this summer.	13 Don't criticize your own body or talk about being thin in front of your teen. Instead, talk about being healthy.
14 Help your teen prepare a résumé. It will help if she wants a summer job.	15 Help your teen think about the snacks he eats. Could he make some healthier choices?	16 Read an editorial with your teen. Tell her if you agree with the opinions stated. Ask what she thinks.	17 Admit and apologize to your teen when you're wrong.	18 Teens still need routines during the summer. Talk with your teen about how he will spend his time.	19 Make up trivia questions about your family. Quiz one another at the dinner table.	20 Give your teen a notebook to use as a journal. Ask her to write in it for 10 minutes a day.
21 Encourage your teen to keep a list of his accomplishments.	22 Give your teen love and attention without making her the center of attention all of the time.	23 Make sure your teen does some kind of exercise every day this summer.	24 Challenge your teen to do a secret good deed for a friend or neighbor.	25 Decide on some educational goals your whole family can pursue this summer.	26 Let your teen help you make a family chore chart. Everyone can check off jobs as they are finished.	27 Realize that kids don't need to have the latest electronic gadget to be happy.
28 Let your teen be your tour guide this summer. Have him plan a family outing.	29 Notice and talk about the good qualities of your teen's friends.	30 See if you can find someone in a job that interests your teen. Could she visit this person at work?	<h1>June 2015</h1>			

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<h2>July 2015</h2>			1 Have your teen solve silly math problems, such as "How many hours until the first day of school?"	2 Compliment your teen about something he's doing well this summer.	3 Make an appointment to spend time with your teen this month. Write it on your calendar and don't cancel.	4 Read the Declaration of Independence with your teen today. Talk about why it was written.
5 Think your teen is too old for reading aloud? Try it. Or try listening to audio books together.	6 Are you away from home during the day? Talk with your teen about what to do during an emergency.	7 At bedtime tonight, tell your teen a story about yourself at her age.	8 Encourage your teen to be a gracious winner and a good loser.	9 At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?	10 Turn off the TV tonight. Read instead.	11 Is your teen getting enough exercise? Take a brisk walk together today.
12 Plan a family picnic. Let your teen plan and prepare the meal.	13 Help your teen improve his vocabulary. Do a crossword puzzle together today.	14 Talk with your teen about dating. Share your values and standards.	15 Is your teen turning into a summer couch potato? Limit TV time and encourage outdoor activity.	16 When you watch TV with your teen, talk about choices the characters make. What are the consequences?	17 Have your teen research a few possible future careers. What skills or education are required for each?	18 What are your teen's special interests? Help her find books in the library about these topics.
19 Plan to do something for a neighbor in need. Community service is important for teens' self-esteem.	20 Try a new recipe with your teen tonight. This reinforces the importance of following directions.	21 Think of a meaningful quotation you love. Post it where your teen will see it.	22 Is your teen getting bored? See if your library needs volunteers. Check with other organizations, too.	23 Want to let your teen know you love him? Give him a genuine and specific compliment.	24 Have your teen use the letters in her name to write a poem about herself.	25 Be tourists in your own hometown today. Visit a local historical site with your teen.
26 Take a hike with your teen today. How many trees can he identify?	27 Encourage your teen to write a letter to the editor of a local newspaper on a topic that concerns her.	28 Can your teen sew on a button? It's a basic life skill that everyone should learn.	29 Share stories that convey your values and your family's history with your teen.	30 Have your teen pick three places within driving distance he'd like to visit. Make plans to do so.	31 Tell your teen that you believe she can succeed. This will make her more likely to work hard and be successful.	

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<h2>August 2015</h2>						1 Look for a movie that's based on a book. Read the book with your teen before seeing the film.
2 Give your teen a budget and let him take over the grocery shopping for a week.	3 Will your teen need a checkup or immunizations for school? Make an appointment today.	4 Teens need time alone with their thoughts. Suggest activities your teen can do alone—crafts, reading or listening to music.	5 Let your teen see you reading often. This teaches her that reading is important and fun.	6 Compliment your teen on something about his appearance today.	7 Is your teen planning a party? Limit the guest list. Be present. Walk through the party occasionally, offering snacks.	8 Have your teen check the ads in the Sunday paper for the best buys on back-to-school items.
9 Help your teen bake cookies today. Review math skills by doubling the recipe.	10 Start having weekly family meetings. Talk about family news and goals. Celebrate successes.	11 Set a goal of spending more time with your teen. Be creative—can you rearrange work to be home one afternoon?	12 Listen to your teen's music. Have her play a favorite song. Listen to the lyrics and discuss what you hear.	13 Discuss the dangers of smoking with your teen.	14 Talk with your teen about the things he did this summer. What are three things he'll remember?	15 Make a list of all the things that make your family members thankful.
16 Spend 20 minutes on DEAR time today (Drop Everything And Read).	17 Talk about your teen's goals for the coming school year. Post the list where you can both see it often.	18 Make time to go shopping with your teen—just to look. You may learn things about each other.	19 If your teen has a part-time job, insist that she save some money for college or other future plans.	20 Write upcoming school events on your calendar. Make plans to attend as many as you can.	21 Talk about your family's fall routine. Make plans to eat at least one meal a day together.	22 Give your teen a planner that has enough space to write daily homework assignments.
23 Tell your teen you love her.	24 Have your teen write to a friend today.	25 Learn a new word at breakfast. Challenge family members to use it three times during the day.	26 Talk with your teen about a choice you have made. Then talk about the consequences of that choice.	27 Exercise your teen's memory. What did you eat yesterday? Two days ago? Challenge each other.	28 Let your teen invite friends to stay for a family dinner. It's a great way to learn more about his peer group.	29 Show your teen her baby book. Talk about how special she was—and still is.
30 Do a crossword puzzle together.	31 Give your teen a hug today.					

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