



# PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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## **Parenting & Helping with School**

Here are some suggestions to guide you in your parenting skills and to help direct your child in a positive school experience.

- Provide firm and consistent discipline in a loving, praising and understanding way.
- Set limits clearly. Explain consequences of misbehaving up front such as time-out or removal from the situation.
- Bedtime is important. Have a set bedtime routine and allow for 10-12 hours of sleep.
- Make some special time to spend with your child.
- Make sure to leave playtime for your child. Choose activities your child will like such as playing games or reading books.
- Limit and supervise television viewing. Better yet, turn off the TV!
- Share a hobby or interest with your child.
- When possible, involve your child in making decisions.
- Notice and discuss any changes in your child's behavior.
- Take an interest by asking your child about school each day.
- Urge your child to do his best in school. And praise him when he does.
- Homework helps kids learn. So provide a quiet time & place to do it.
- Organization saves time. So have a place for school supplies etc.
- Join your school's parent-teacher group. Get to know the teacher. Volunteer in at least one school activity or in the classroom.
- Know the school's rules and teach them to your child.
- By guiding your child to find the answers to questions, you will help them learn.
- Work near your child when he is doing homework.
- Read books, promote regular physical activity, and provide opportunities for socializing with playmates.
- For fun and learning with your child, subscribe to magazines and/or newspapers.

**Here are some kids magazines at [Cobblestonepub.com](http://Cobblestonepub.com) :**

Ages 0-7: *Babybug* (board book), *Ladybug* (stories & activities), *Click* (science)

Ages 7-10: *Spider* (fiction), *Ask* (Arts & Science), *Appleseeds* (history & culture)

Ages 9-up: *Calliope* (world history), *Cobblestone* (US history), *Faces* (cultures),

*Cricket* (fiction), *Odyssey* (science), *Dig* (archeology).

**Other kids magazines:** *Dolphin Log* (sealife) [dolphinlog.org](http://dolphinlog.org) , *National Geographic World*

(science) [nationalgeographic.com](http://nationalgeographic.com), *Time for Kids* [timeforkids.com](http://timeforkids.com) *Owl* (science),

[owlkids.com/owl/](http://owlkids.com/owl/), *Sports Illustrated for Kids* [sikids.com](http://sikids.com), *Boys life* [boyslife.org](http://boyslife.org),

**Some web sites:** [starfall.com](http://starfall.com), [scholastic.com/kids/](http://scholastic.com/kids/), [eduplace.com/kids/hmr](http://eduplace.com/kids/hmr),

[lovereadng4kids.co.uk/](http://lovereadng4kids.co.uk/) , [pbskids.org/readingrainbow](http://pbskids.org/readingrainbow) .