

CHILDREN LEARN BETTER WHEN PARENTS HAVE CLEAR AND REASONABLE EXPECTATIONS.

IF THEY ARE IN ELEMENTARY SCHOOL...

- **Look over homework.** Ask questions and give helpful feedback.
- **Teach respect.** Talk to your children about how you expect them to behave. Remind them to treat others with respect.
- **Read regularly.** Know what your child is reading. Teachers or librarians may have ideas for books that are just right for your child's age and abilities.
- **Warning signs.** Children who feel stressed or overloaded may cry easily, tire quickly or dawdle. Watch for signs that too much is expected of them. Discuss your concerns with their teacher.

IF THEY ARE IN MIDDLE SCHOOL OR HIGH SCHOOL...

- **Parents matter.** Your opinion is still important to teens, especially when thinking about vocational choices. Keep talking to your teen about future plans.
- **Encourage challenging choices.** Talk with your teen about how classes relate to life decisions. Cheer them on as they challenge themselves.
- **Make studying a priority.** Check in with your teen to make sure there is enough study time. Activities in or out of school and jobs can get in the way.
- **Move beyond grades.** A good effort and attitude are just as important as good grades. Help your teen look at the whole picture. Don't pay for good grades. That puts the emphasis on money instead of on effort.
- **Watch for too much stress.** Trying to do too many things both in and out of school can cause teens to feel overwhelmed. Signs of too much stress include exhaustion, withdrawal, aggression, boredom, inability to concentrate, moodiness and out-of-the-ordinary behavior.