

# ARE YOU ENGAGED IN YOUR CHILD'S EDUCATION?

## A checklist for parents:

- ✓ I make sure my child gets a good night's sleep each night.
- ✓ I make sure my child eats healthy food, including breakfast.
- ✓ I have a morning routine we follow to get to school on time and prepared.
- ✓ I work with my child to establish a homework routine.
- ✓ I review my child's homework each night to make sure it is complete.
- ✓ I know the general topics my child is studying in school.
- ✓ I ask my child to tell me about school.
- ✓ I maintain a positive attitude about my child's school.
- ✓ I make sure my child knows what I expect at school and at home.
- ✓ I am consistent in giving out consequences and rewards.
- ✓ I read with my child every day.
- ✓ I know my child's teacher and my child's teacher knows me.
- ✓ I attend parent-teacher conferences at least twice a year.
- ✓ I volunteer at school whenever I can.
- ✓ I belong to a parent organization.
- ✓ I take advantage of educational resources in the community, such as science museums, public libraries and parks with nature trails.
- ✓ I find fun ways to enrich my child's education at home, such as cooking and going grocery shopping together.
- ✓ I limit the time my child watches TV and plays video games.