

# Home & School

Working Together for School Success

## CONNECTION®

April 2003

### SHORT NOTES



#### “Library book” box

Have your children decorate a small box for keeping track of library books. Once they’ve finished with a book, ask them to drop it into the box. You’ll stay organized—and know when it’s time to make another trip to the library.

#### Tall tales

Looking for a way to discourage your child from fibbing? Try this idea. Whenever your youngster tells a fib, write it in a special notebook. The next time she fibs, pull out the book and read the entries aloud. It’s a humorous way to tackle the problem.

### DID YOU KNOW?

While playing outside in warm weather, children need at least 10 gulps (about 5 ounces) of water every 20 minutes. As spring and summer approach, encourage your child to drink lots of water. For more safety tips, visit [www.defeattheheat.com](http://www.defeattheheat.com).

#### Worth quoting

“There are two lasting bequests we can hope to give our children. One is roots; the other, wings.” *Hodding Carter, Jr.*

### JUST FOR FUN

**Q:** What gets bigger and bigger the more you take away from it?

**A:** A hole!



## The five Cs of cooperation

“I don’t want to.” “I’ll do it later.”  
“Aw, Mom. Do I have to?”

If this sounds like the way your youngster responds to your requests, you’re not alone. Getting children to cooperate can be tough. The tips below may get your child to do what you ask without a fight.

**Communication.** Children are more likely to cooperate if you make requests rather than demands. *Examples:* Instead of “Set the table,” try, “I need your help setting the table.” Instead of “Do your homework,” try, “It’s time to do your homework. Please get started.”

**Choices.** Offering kids choices makes them more willing to comply. Whenever possible, give your child a say in the outcome. *Examples:* “You may either take out the trash or sweep the kitchen.” “Please give your brother a turn, or put the game away for the evening.”

**Commitment.** Sticking to your guns teaches youngsters to respect your authority. When your child argues about



a request, it can be tempting to back down to avoid conflict. But giving in sends the message that, by complaining, he can get out of doing what you ask.

**Consequences.** Consider logical consequences—they can lead to better behavior in the future. For example, if your child refuses to turn off the television when you ask her to, take away her TV privileges for the next day.

**Congratulations.** Showing appreciation encourages kids to cooperate. *Examples:* “Thank you for helping your dad.” “I really appreciate your making the bed.” ♥

### Tuning in

The first step in gaining children’s cooperation is getting them to tune in to what you’re saying. Here are a few suggestions:

- ▲ Get your child’s attention by gently touching his shoulder or saying his name.
- ▲ Start with the most important information. Kids often have short attention spans.
- ▲ Keep your message simple. Your youngster may become confused if you offer too much information all at once.
- ▲ Ask your child to look at you when you talk to him. ♥



# Around the world

## Building geography skills

A walk around the block, a trip to the grocery store, watching a sunset... what do these activities have in common? They can build your child's geography skills.

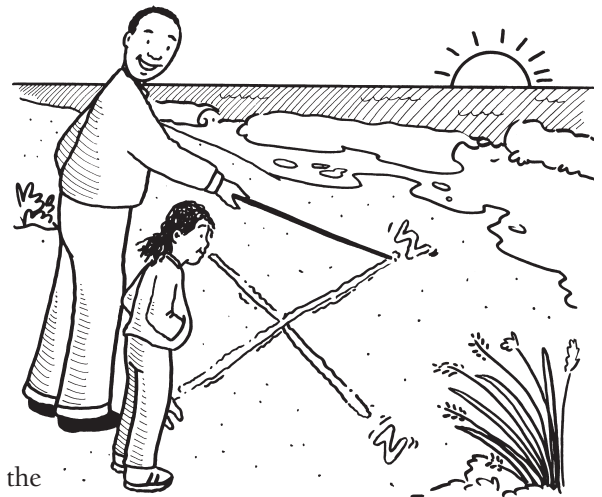
### Distance skills

Begin by walking one mile with your youngster so you can both get an idea of the distance. Then, look at a map together. Pick two towns and use the map's scale to help your child figure out how many miles are between them. *Idea:* The next time you're in the car, set the trip odometer to zero. Your youngster

can use it to keep track of the distance to and from your destination.

### Direction skills

Go outside and point to the north, south, east, and west. *Tip:* Talk about how the sun rises in the east and sets in the west. Write the numbers 1 through 12 on a piece of paper in three evenly spaced rows (1 to 4, 5 to 8, 9 to 12). Ask your child questions about the position of the numbers. *Example:* "Is the 3 east or west of the 4?" ♥



## ACTIVITY CORNER In the news

Did you know that a newspaper can offer hours of fun and learning? Share these activities with your youngster:



■ **Read** short news articles and challenge your child to come up with headlines for them. Or read headlines and ask him to predict what the stories will be about.

■ Set a timer for five minutes. See how many different examples of **numbers** your youngster can find in one section of the paper. *Examples:* time, temperatures, percentages, money.

■ Turn to the sports pages to brush up on **vocabulary**. Ask your youngster to find words that she could substitute for the word "won." *Examples:* defeated, toppled, outscored, upset.

■ Have your child **write** a make-believe news story about a book character. *Example:* Describe how Goldilocks broke into the Three Bears' house. ♥

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## PARENT TO PARENT Sharing in the classroom

A few weeks ago, my son's teacher sent home a letter asking parents to share a hobby, skill, or talent at school. I racked my brain trying to think of something I could share. I knew it would mean a lot to my son, Jamal.

I finally thought of the right hobby. I love plants, and people tell me I have a "green thumb." So, I asked Jamal's teacher if I could take in a bag of seeds, soil, and flowerpots. She was thrilled.

My day in class was a big success. The kids loved digging in the dirt and planting the seeds. I met Jamal's classmates and saw some of the things they were learning in school. And Jamal has decided he wants me to teach him more about gardening. ♥



## Q & A Bully-proof body language

**Q:** My daughter sometimes gets picked on. How can I help her avoid being a victim?

**A:** Using confident body language is one way to make your daughter less of a target. Does she slouch and hang her head to avoid being noticed? Suggest she square her shoulders and hold her head high instead.

If she avoids looking at the kids who pick on her, tell her to try

to make eye contact. Have her practice keeping her gaze at eye level and glancing at others as they go by.

Finally, ask your daughter to notice how she walks. A pace that's very fast or one that's hesitant signals uncertainty and fear. Encourage her to practice walking at an easy, relaxed pace.

*Note:* Let your child know that whenever she feels threatened, she should immediately get help from an adult. ♥

