

How can I be Involved with my Child's School?

To help your child be successful, it is important to be involved not only at home but also with school. Here are ways to support your child through his or her school:

- Attend open houses and back to school nights.
- Attend school programs.
- Read the school newsletter.
- Join the parent teacher association.
- Take part in after school events.
- Get to know your child's teachers.
- Support your child in school activities.
- Spend time at your child's school as a volunteer or visitor. By spending time at the school you can discover:
 - How your child is doing on class work.
 - How your child interacts with other children.
 - Whether the teacher is having any problems with discipline.

What you can do at home to help your child's school:

If work or other commitments make it impossible for you to spend time at your child's school, look for ways you can help the school while at home. For example, you could call other parents to notify them of school events or you could help edit the school newsletter.

What if my Teen Doesn't Want me Involved at School?

Parent involvement at school sometimes decreases in the middle and high school years. Maturing teens have a need to develop a sense of self and independence; however, it is important to remember that you, as a parent, still have a strong influence on your teenager's life. Remain involved at home and continue to provide support as your child approaches adolescence:

- Keep the lines of communication open. Supply your child with honest and accurate information on the many issues teens face.
- Set fair and consistent rules. Work with your child to set appropriate limits. Be sure your child understands the purpose behind the rules.
- Support your child's future. Continue to show that education is important.
- Set a good example. Show concern for, and be involved in, the school and the community.
- Continue to create time for your family to do activities together.

For more information:

Alabama Career and Technical Education at:

<http://www.alcareertech.org>

The "For parents" section of the *No Child Left Behind* website at:

<http://www.ed.gov/parents/landing.jhtml>

Alabama Career Information Network System (ACINS) at:

<http://www.alcareerinfo.org>

Free Application For Federal Student Aid:

<http://www.FAFSA.gov>



Alabama State Department of Education
Thomas R. Bice, State Superintendent of Education
Career and Technical Education/Workforce Development
Philip Cleveland, Director

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America's Career Resource Network

Parent Involvement = Student Success

How to Help Your Child be Successful in School and in Life





Why Should I be Involved with my Child's Education?

Research shows that parent support is more important to school success than a student's IQ, economic status, or school setting. As a parent, you influence everything from your child's reading level to his or her test scores. There are many ways for you to be involved, both at home and with the school.

How does my involvement benefit my child?

Many studies have shown that your child can benefit if you are involved with his or her education. Benefits include:

- Higher grades and test scores.
- Better attitudes and behavior.
- Improved high school graduation rates;
- Better school attendance.
- More homework completed.
- Decreased likelihood to be placed in special education.
- Increased likelihood to enroll in post high school education.

You are your child's most important teacher.

When you show an interest in your child's education, you teach him or her that learning can be enjoyable and rewarding.

When you set high expectations for your child's school performance, your child will strive to meet those expectations.

When you tell your child that you believe in his or her abilities, your child is encouraged to perform well in school and develop through learning.



How can I be Involved in my Child's Education?

Parent involvement begins at home. Your child will benefit from a positive home environment that encourages learning.

Here are some simple ways to encourage learning:

Make School Important

The first step to your child's school success is for you to be supportive of school and education. If school is important to you, it will be important to your child. You can show your child that school is important by:

- Speaking positively about your child's teachers and counselors.
- Talking to your child about the benefits of education.
- Making sure your child goes to school on time every day.
- Attending open houses and parent-teacher conferences.
- Answering notes and telephone calls from your child's teacher.

Encourage Reading and Writing

Studies show that children who read at home perform better in school.

- Keep books, magazines, and newspapers in your home.
- Take your child to the library.
- Discuss what your child reads.
- Read with your child.
- Encourage your child to write notes to grandparents or other relatives.
- Have your child keep a journal.



What else can I do at Home to Help my Child Succeed?

There are many ways to encourage your child's school success in the comfort of your home:

- Make sure your child arrives at school well rested and with a good breakfast. This helps your child stay alert and engaged.
- Set a regular time and a quiet place for your child to complete assignments.
- Ask your child what he or she learns in school each day.
- Limit the amount of time your child watches television or plays computer or video games.
- Praise and encourage your child.
- Celebrate your child's successes.
- Focus on your child's strengths
- Help your child focus on the things he or she can do well.

Make Time with Your Child Count

Staying involved with your child helps build his or her self-esteem, which in turn aids your child's success in school.

- Use car time to talk with your child. Talk about the things you see. Ask your child about his or her day and discuss your day as well.
- Plan to eat at least one meal as a family every day. Use mealtime for positive family discussions. Have your child help you prepare the meal and discuss the steps you take for meal preparation.
- Look for things to do together as a family.