

The members of NYSUT, a union of professionals in education and health care, are committed to helping parents, schools and communities foster a healthy and vigorous learning environment for the children of New York state.

In keeping with that goal, this NYSUT brochure brings you ...

Tips for parents of students in kindergarten through grade 4

- ✓ Develop good communication between the classroom and home by visiting school and getting involved with your child's teachers and school activities.
- ✓ Sign up with your school's PTA/PTO.
- ✓ Volunteer to go on class field trips as a chaperone.
- ✓ Limit computer and television time at home.
- ✓ Take your children to the local library and help them sign up for their very own library card.
- ✓ Read with your child every day, even if it's only a few pages or an article in the newspaper.
- ✓ Help your child keep a journal and get in the habit of writing in it or adding something (like a leaf or sticker) to it every night before bed.
- ✓ Let your children help with the family meal planning and grocery list. Encourage them to suggest healthy foods.
- ✓ Cook with your child. Have him or her do the measuring while brushing up on math skills.
- ✓ To bridge the summer hiatus, make sure kids keep reading and writing in their journals.
- ✓ When on family vacations, point out areas of geographic and historic interest and have your children record the visits in their journals.
- ✓ Encourage children to write to relatives who may live a distance away.
- ✓ Help your child find a pen pal; one from a foreign country would be great.
- ✓ Teach your children how to be ecologically responsible by recycling, learning more about nature and advocating for environmental issues.
- ✓ Study the sky. On clear nights, go to a place where it's dark enough to see the stars and help your child identify the major constellations. This can be done any time of the year.