

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 students of New York state.

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

Tips for parents of students in middle through high school

- ✓ Get to know each of your child's teachers.
- ✓ Join your school's PTA/PTO.
- ✓ Know the opportunities the school offers for discovering what your child does best.
- ✓ Encourage your child to get involved in clubs and special activities.
- ✓ Contact the school if you think your child requires extra help.
- ✓ If you suspect your child is a victim of bullying, contact the school immediately.
- ✓ Put yourself at your child's disposal at a set time every day, even if it is just for 15 minutes. This can be a time to help with homework, with social entanglements — or just to listen.
- ✓ Turn off the TV and computer for a certain period every evening. It is hard to study if everyone else gets to watch television. Also, children are not likely to read if you don't.
- ✓ Limit access to the Internet and know what your kids are doing online.
- ✓ Ask your child his or her opinion of an event in the newspaper.
- ✓ Share a joke or an amusing poem (recommended authors include Shel Silverstein, David McCord, William Cole and Nikki Giovanni).
- ✓ Ask your child to chart a family trip to enhance map skills in social studies.
- ✓ Ask your child to make out the grocery list, finding "best buys" in the newspaper.
- ✓ Encourage your child to write notes to family and friends in other towns.
- ✓ If you order from a catalog, ask your child to make out the order form.
- ✓ Talk to your child on a regular basis about the dangers of substance abuse.
- ✓ Peer pressure can be a real problem. Encourage your child to keep his or her individuality.