



Helping your child be a...

# STAR!

Child development research is clear: Clear Expectations + Routines = Successful, Adjusted Children

Here is a simple acronym, which you could adjust, to help your child throughout the day...

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| <p><b>S</b></p> | <p><b>Schedule the Morning:</b> Wake-up time is consistent, the bed gets made*, list specific chores or duties like getting dressed, feeding a pet, double-checking school bags, brushing teeth, etc.<br/>This all builds up to departure time, which should be well-stated and understood (“We will be in the car by 7:35...”)</p>   |
| <p><b>T</b></p> | <p><b>Timeliness Matters:</b> Starting your own work day behind affects the rest of your day and leaves you playing catch up. This stress is more pronounced with children who do not have the tools to walk into their day late and catch up. Again, routine is vital. Make sure your routine is to <b>BE ON TIME</b>.</p>   |
| <p><b>A</b></p> | <p><b>Ask:</b> Get in the habit of asking specific questions at the end of the day. The usual, “How was your day?” and “What did you learn today?” are OK starting points, but they should give you context for richer questions as the year goes on: “What did you and Joey do at recess?” or “I know Friday is spelling – how’d the test go?” or “Tell me all about May Crowning!”</p>  |
| <p><b>R</b></p> | <p><b>Routine (again!):</b> Literally map out the routine for after school. What’s the first thing that should happen when kids get home? Then do they get some time to play? When and where is study time (a quiet, well-lit place within view of an adult+)? When do chores take place? And please don’t forget bed time as you read and pray with your child within the same 30min time window <u>every night</u>. <b>Tomorrow’s success begins tonight, so BE CONSISTENT!</b></p> |

*\*There are some interesting thoughts on how making your bed each morning builds character-enhancing qualities that impact not just the rest of the day, but a lifetime of good habits.*

*+Remember, even if a student has no homework, the time allotted to study still takes place with independent reading (not screen time!). Please read and consult the amazing book “The Learning Habit”*

