

Gimme 5!

Five Great Things Parents Do to Help Kids Succeed

Talk. Talk a lot with your children. Talk in friendly ways about what you're doing & what they're doing. Use big words. Talk at the table*. Talk in the car. Talk about what they're doing well. Talk about how they're beautiful, smart, strong, and resourceful. Talk about fears, angry moments, sad times, and solutions to problems. Let them know they're loved, always. And listen to them with your heart.

Play. Play with your kids. Play dolls, play cars, play sports. Build with blocks. Have picnics. Take fun walks. Play board games. Play cards. Play fair and lose fair. Play outside. Play ball. Do puzzles. Play singing games. Have a weekly family-play night. Tell them, "Turn off the TV and go play." And let them play by themselves, too.

Read. Read aloud with your children often – read storybooks, picture books, chapter books, joke books, newspaper headlines, magazines, letters. Read on your own so the kids see you reading – read novels, biographies, comics, self-help books, hobby books, cookbooks. Read things that interest you. Read while you wait. Read every day.

Expect. Expect kids to cooperate and to take age-appropriate responsibility at home. Expect to tell your kids specifically what you want them to do. Expect them to follow a routine you set for homework and bedtime. Expect them to take good care of themselves and their things. Expect them to be considerate and friendly and respectful. Expect kids to ask for help and to give help. Expect them to come up with new ideas, to be creative. Expect kids to be different from one another and from you. Expect them to learn from difficult situations and mistakes. Expect them to change.

Enjoy! Enjoy the things your children say. Enjoy their cuteness. Enjoy their unique ideas and creations, their drawings, their play. Enjoy their company. Enjoy their strong-willedness, their personalities. Enjoy when they cooperate with you. Enjoy them this very moment, for they'll soon be grown.

Talk. Play. Read. Expect. Enjoy!



*For a list of Supper-Time Talk conversation starters, go to www.familylearningjournal.com.

From the **WAY TO GO!** FAMILY LEARNING JOURNAL™ Series
www.familylearningjournal.com

© 2007 by Esther A. Jantzen – This page may be reproduced for family and school use.