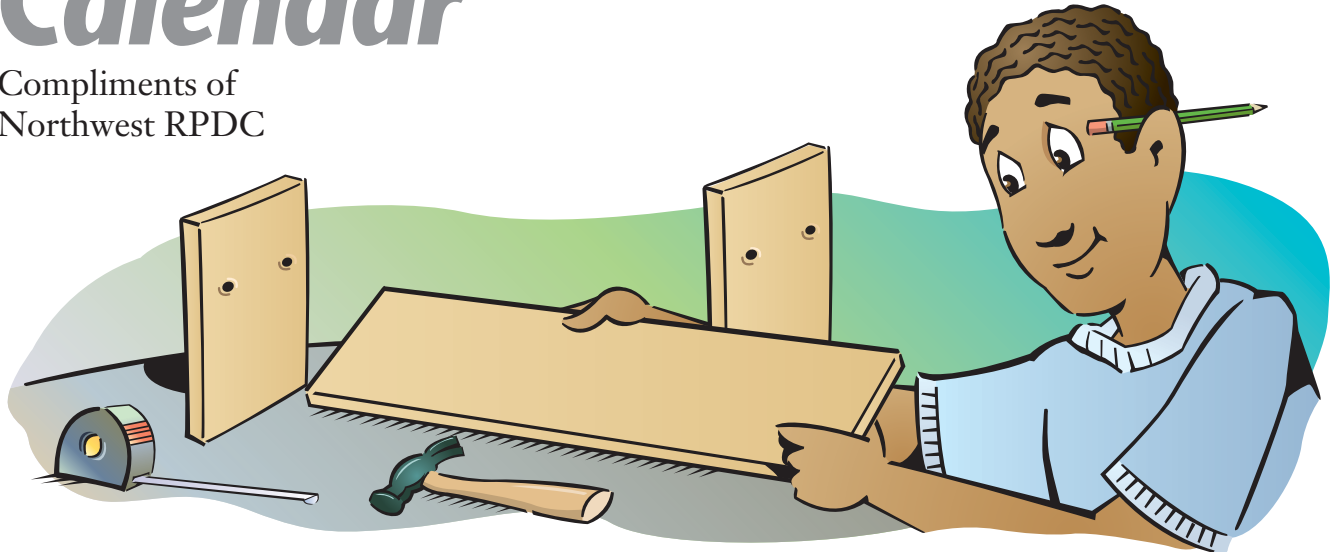


Parent Pointers

Calendar

Compliments of
Northwest RPDC



THE PARENT INSTITUTE®

Parent Pointers Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2009				1 Arguments with teens are inevitable. You don't always need the last word—don't get into a power struggle.	2 Look for ways to give your teen more responsibility: getting herself up, making her doctor's appointments, etc.	3 Encourage your teen to spend 10 minutes at night getting ready for the next day to make mornings easier.
4 Watch a TV show with your child. Discuss how it does and does not reflect your family's moral values.	5 Help your teen make the connection between rights and responsibilities. Rights come with responsibilities attached.	6 Whether your teen is a freshman or a senior, she should be using the career planning services at school.	7 Do you have email? Use it to write your teen. You may say things you'd never say in person.	8 Would your teen like to earn money? (Most teenagers would.) Perhaps he can start his own small business.	9 Make tonight Kids' Night in the Kitchen. Your teen will learn to cook, communicate and cooperate!	10 Talk about school-related fears. Is your teen worried about bullies? Does he feel safe at school?
11 Model respect in your family. Don't tolerate name-calling, put-downs or insults from any family member.	12 Go to the library. Check out a best seller you and your teen can both read and then discuss.	13 No homework tonight? Have your teen review or read ahead. Daily study time means just that.	14 Challenge family members to learn two or three new vocabulary words each week.	15 Is your teen planning on going to college? Get a schedule of college entrance exams from the counselor.	16 Discuss the dangers of marijuana with your teen. It limits the brain's ability to absorb and retain information.	17 Is your teen's room messy? Set the timer for a 15-minute pick-up blitz before she goes out with friends.
18 It's Hunger Awareness Month. Do something to relieve hunger in your town or in the world.	19 If your teen makes a mistake, separate the deed from the doer. The choice was bad, not your child.	20 Teens tell you as much through behavior as through words. Make a special effort to "listen" to body language.	21 Teens don't always know how to say <i>no</i> . Role-play different situations where your teen should say <i>no</i> .	22 Have your teen keep a notebook when reading to jot down words she doesn't know and can look up later.	23 Big test coming up? Make a list of possible questions (and answers). It's a good way to review.	24 Discuss the conditions that are best for doing homework. Learning how your teen learns will help her succeed.
25 Have a "Family Night In." Pop some popcorn. Curl up with a book, a video or a game. Enjoy being together.	26 Go to the library. Have your teen check out information on colleges and other educational opportunities.	27 It's the birthday of Theodore Roosevelt. Talk with your teen about how you could take care of the environment.	28 Learn to see good and bad points in an argument. Have your teen respond as she thinks you would.	29 Tonight, attach a note to your child's pillow that tells her you love her.	30 Talk about what makes a good friendship with your teen.	31 Take your teen out for breakfast. No agenda—just talk.