# Family Expectations and Supervision

### Give priority to schoolwork and reading over screen time and recreation

- Set time limits on TV, computers/tablets, and phones
- Remember: too much time at a screen takes away from time your child should be spending somewhere else

## Know how your child is doing with academic and personal growth at school

- Talk to your child, your child's teacher, and other school staff often
- Check your child's progress: review report cards; attend parent-teacher conferences or meetings
- Ask your child, "Tell me something you learned in (school subject)" rather than yes/no questions

### Expect children to attend school and be on time

- Help your children pack backpacks each night with everything they need for school the next day and set out the clothes they will wear to school

Create a breakfast routine



## **Know and discuss what is being** watched on TV and computers/ electronic devices

- Make sure you know what your child sees, and use shows as a chance to talk about values
- Discuss and enforce Internet safety and courtesy rules



- Praise your child for real effort and good attitudes about school and learning







