

Supporting Family Practices to Help Children Learn



Remind families: Talking often with their children about their hopes and dreams for the future is important

Emphasize high expectations and family support—they predict a student's success

Encourage family discussions of books, TV programs, web content, games, and everyday events

Promote the sharing of family stories and traditions; they give a sense of meaning and belonging

Suggest that families establish a daily routine with regular mealtimes, bedtimes, homework/study time, and outdoor play/exercise time

Help families notice the reading, math, and science in everyday life—measuring for a recipe, reading signs and posters, counting out spoons to set the table, watering a plant and watching it grow

Teach students and families about growth mindset—intelligence can be developed

Model process praise and share with families about it—valuing hard work over outcomes helps children accept and meet challenges

