

The ABCs for Parents

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- A**sk your child about the school day.
- B**egin your child's day with a nourishing breakfast.
- C**ongratulate your child for doing well.
- D**iscuss homework with your child.
- E**ncourage your child to read.
- F**ind a quiet place for your child to study.
- G**ive your child responsibility.
- H**ug your child to build self worth.
- I**nclude your child in making simple family decisions.
- J**oin a library with your child.
- K**eep your child on a schedule that includes exercise and sleep.
- L**imit TV viewing by selecting programs with your child.
- M**ake the time you spend with your child special.
- N**otice and discuss changes in your child's behavior.
- O**ffer to help your child organize school papers.
- P**rovide your child with good role models.
- Q**uestion the activities your child shares with friends.
- R**espect your child's right to have opinions different from yours.
- S**hare an interest or a hobby with your child.
- T**ake time to listen to your child.
- U**rge your child to READ everyday.

V
Visit places of interest with your child.

W
Work with your child to set up rules of behavior.

X
Xerox and save records or articles that benefit your child.

Y
Yield results by encouraging your child to do better.

Z
Zoom through these ABCs again and again!