

## TIPS TO HELP YOUR CHILD THRIVE

### **PROTECT PLAYTIME, DOWNTIME, AND FAMILY TIME (PDF)**

Avoid overscheduling. Children of all ages need restorative time to reflect and dream, and families need time to connect and build lasting bonds. Research shows PDF is critical for children's well-being.

### **EMPHASIZE LEARNING, NOT GRADES**

Pressure to achieve only high grades can lead to cheating, physical and emotional challenges, and other risky behaviors.

### **CHOOSE YOUR WORDS CAREFULLY**

If the first question you ask your child after school is "How'd you do on the test?" you are sending a message about your priorities. Instead, ask "How was your day?"

### **LET CHILDREN DO THEIR OWN WORK**

Resist the urge to complete or correct homework. When you step in, it can actually undermine learning and confidence.

### **PRIORITIZE SLEEP**

An extra hour of sleep is more valuable than an extra hour of studying. Sleep deprivation can be associated with depression and anxiety and can interfere with learning and engagement in school.

### **CREATE TECHNOLOGY-FREE SPACES**

When media devices are moved out of the bedroom, children sleep better and are more efficient with homework. Unplug during mealtimes and other family activities.

### **CHALLENGE SUCCESS**

Resist society's narrow definition of success and embrace your child's unique interests and strengths. Don't allow concerns about college admissions to dictate your child's choices in and out of school.