September 2022

1. It's Library Card Sign-Up Month. Visit the local public library together and help your child sign up for a card.
2. Find a new word in the dictionary. Challenge each family member to use it in conversation three times today.
3. Discuss ways your family's rules about social time and screen time will change now that summer is over.
4. Ask your child to report on an event in today's newspaper at dinner.
5. Think of tough situations your child may face. Role-play them together.
6. The middle school years can be stressful. Make sure your child's schedule includes some time to relax.
7. Consider subscribing to a magazine your child might enjoy reading.
8. Make up trivia questions about your family. Quiz one another at the dinner table.
9. Look through baby photos of your child together. Talk about all the things your student has learned since then.
10. Make your child's favorite breakfast as a morning surprise.
11. Review school rules and policies together. Expect your child to follow them.
12. Remind your child that there are no stupid questions. Students who really want to learn should ask questions in class.
13. Keep a map or globe visible in your home. Encourage your child to locate places that are mentioned in the news.
14. Eliminate distractions during homework and study time. All devices not needed for schoolwork should be off?
15. Plan a family outing for the weekend. Let your child invite a friend.

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16. Encourage your child to take healthy risks at school, such as tackling a new challenge or trying out for a play.
17. Ask about your child's hopes for the future. Listen carefully and ask follow-up questions to encourage deeper thinking.
18. Do you have nutritious after-school snacks on hand? Let your child help pick them out.
19. Have your child do a weekly backpack clear-out on Sundays and start the week organized.
20. Say often that you know your child can succeed.
21. Ask about your child's hardest school subject. What does your student think might make it easier?
22. Encourage your child to take responsibility for completing assignments on time. Offer only one reminder each day that it is homework time.
23. Talk together about something you love and admire about your child.
24. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
25. As a family, create a routine that will make mornings run smoothly.
26. Have your child tell you about the assignments that are due this week.
27. Show interest in your child's musical tastes. Listen to a favorite song together. What does your child like about it?
28. Mention something you are glad you learned recently. This shows your child that you value education and that learning is a lifelong activity.
29. Social media makes it easy to hurt someone. Make it clear that it's not OK to post things that your child wouldn't say to someone's face.
30. Adolescents can be moody. Pick your battles, but do not tolerate disrespect.
### November 2022

1. Discuss who you and your child would want to meet if you could meet anyone, and why.
2. Don’t use technology time as a reward or punishment. It will make it seem more important to your child.
3. Help your child set a learning goal and plan specific ways to reach it.
4. Ask, “What do you wish we did differently at home?” Be open to your child’s suggestions.
5. Teach your child to take on a new responsibility, such as doing laundry.
6. Ask a question about a topic that your child loves to talk about.
7. What is your child’s favorite thing to do? Make plans to do it together.
8. Avoid using problems with schoolwork as an excuse to criticize or argue about other issues.
9. Middle schoolers understand some sophisticated jokes. Try using puns and wordplay with your child.
10. When your child tells you something important, restate it to confirm that you understood.
11. Help your child take advantage of small chunks of time to study or review.
12. Take your child to a local museum or historic site. Learn something new about your hometown.
13. Ask what your child is looking forward to in the coming school week.
14. Let your child quiz you about the information in a homework assignment. Thinking up questions helps students learn.
15. It’s Geography Awareness Week. Can your child fill in the states’ names on a blank United States map? Find one at: geoalliance.asu.edu/maps.

### December 2022

1. Discuss who you and your child would want to meet if you could meet anyone, and why.
2. Don’t use technology time as a reward or punishment. It will make it seem more important to your child.
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