

Secondary English

Monday, November 22, 2021

Compliment specific actions you want your teen to repeat

You know that praise from you can motivate your teen. But vague compliments, such as, "You're great!" may do little to inspire her. Instead, praise your teen's actions. If she's done a fabulous job on a presentation, don't say "How wonderful!" Instead, say, "You backed your points up with great examples. I can really understand your argument!" Knowing her actions have merit encourages your teen to repeat them.

<https://tpitip.com/?31kV1955>

Tuesday, November 23, 2021

Your teen is not too old for a bedtime

The last thing your teen probably wants right now is a regular bedtime. But getting enough sleep is critical to doing his best in school. Loss of sleep for two or more nights in a row can affect your teen's mood, his alertness, his attention span and his ability to perform on tests. Help your teen stick to a regular, healthy sleep schedule that lets him get eight to 10 hours of sleep every 24 hours.

<https://tpitip.com/?31kW1955>

Wednesday, November 24, 2021

Support your teen by showing you care

Nothing supports teens like knowing that their parents love them. And nothing gets that message across like showing them. Try to do a few special things for your teen each week. Tuck a treat in her backpack where she'll find it at school. Give her a copy of her favorite magazine. Put your love in writing on a greeting card. And schedule some time to spend together one-on-one.

<https://tpitip.com/?31kX1955>

Thursday, November 25, 2021

No one is perfect. But everyone can learn

You want your teen to do his best in school. But that's different than demanding that he BE the best. Aiming for excellence is healthy and motivating. Insisting on perfection is unrealistic and stressful. Learning a new skill with your teen is a great way for each of you to put mistakes into perspective. They offer valuable opportunities to learn about a topic...or yourself!

<https://tpitip.com/?31kY1955>

Friday, November 26, 2021

Reach out to the teachers with your questions or concerns

Middle and high school teachers can see more than 100 students a day, so you may not receive as much regular feedback from your teen's teachers as you did when she was in elementary school.

But if you have questions or concerns about your student's performance in school, don't hesitate to contact her teachers. By working together, you can help your teen do her best in school.

<https://tpitip.com/?31kZ1955>

Saturday, November 27, 2021

Expose your teen to positive peer pressure

Peer influence isn't always a negative force. You can help your teen experience positive peer pressure, too. Encourage activities and interests that will let him meet others who are likely to be positive role models. To start, help him find school-based extracurricular activities that match his interests. Community service clubs and youth groups are other good options.

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Sunday, November 28, 2021

Help your teen stock up on essentials for success

Do you know what your teen needs to succeed in school and life? One expert suggests that it comes down to self-respect, goals, communication skills, social skills, stress management, exercise and family support. Family support may be the most important. Your love and acceptance gives your teen a foundation for developing all the other elements of success.

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