

Secondary English

Monday, August 9, 2021

To promote achievement, teach your teen to learn from failure

There are many things you can do to support your teen's success in school. It's important, for example, to provide your teen with opportunities to be successful, at school and at home, in the community and with peers. Keep in mind, though, that it's equally important to give your teen permission to fail sometimes...and to encourage him to learn from his mistakes.

<https://tpitip.com/?31hI1955>

Tuesday, August 10, 2021

Make it easier for your teen to make friends

Friendships can provide valuable support as teens go through school. If your teen has trouble making friends, talk with her about her feelings. Brainstorm about ways she could make friends, such as by participating in school-related group activities that match her interests. You might also suggest that she invite just one teen to watch a game or performance. Activities that involve less talking can put shy kids at ease.

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Wednesday, August 11, 2021

Send your teen effective discipline messages

Did you know that some common approaches to discipline can actually encourage poor behavior? Remember these discipline "Don'ts": Don't ignore blatant misbehavior. Don't encourage misbehavior by saying things like, "I'd like to see you try it!" Don't ask, "How many times have I told you...?" Don't threaten. Instead, focus on what you DO want your teen to do.

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Thursday, August 12, 2021

Enrich school and life skills by teaching money management

Money management involves skills such as math, responsibility, decision-making and more. Whether your teen earns money or you provide him with an allowance, give him a chance to practice these skills. Discuss with your teen what he is responsible for paying for. Encourage him to save for short- and long-term goals. Then put your teen in charge of his money. He'll learn by doing.

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Friday, August 13, 2021

Strike a balance between protection and room to grow

You want to protect your teen, but how much protection is too much? One way to decide is by comparing your teen's responsibilities with those of her peers. If her friends can handle certain tasks,

perhaps your teen can too. It's also important to let her try to solve problems before you step in. She should be the one to talk to the teacher about an assignment, for example. If a problem persists, you can get involved.

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Saturday, August 14, 2021

Focus on the positive when correcting behavior

Teens are more likely to listen to feedback when it feels positive, rather than critical. Focus your comments on things that will bring measurable results, and suggest specific actions your teen can do to improve his work or behavior. Then follow up with positive encouragement. And remember, teens who always do good work need recognition, too!

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Sunday, August 15, 2021

Help your teen establish a restful sleep routine

Most teens need about nine hours of sleep a night. But many get far less. To help your teen wake up rested and on time, take a look at her schedule. If she's overcommitted and can't even start studying until 10 p.m., she probably needs to cut back on activities. Help her stick to a regular sleep schedule, too. Catching up on sleep during the weekend only makes it harder to get up early on Monday morning.

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