



Comprehensive Grammar School Guidance Newsletter

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Create an Efficient Morning

With a little preparation, you can get your child moving and out of the house on time each day.

Make meals easy. Prepare lunches for the next day while fixing dinner. Have the table set for breakfast the night before and avoid foods that take a long time to prepare.

Make sure that your child has his/her backpack packed the day before. A perfect routine for this can be established right after your child completes nightly homework.

Check the weather the night before and have your child's clothes laid out prior to going to bed.

Get up 20 minutes before your child and allow yourself to ease into the morning. Drink coffee, read the newspaper, take a shower or do whatever to get into a relaxed state.

Teach your child to use an alarm clock. Praise independent use of it.

Make use of a timer and have your child try to beat the clock. Make it fun. Set a goal with your child with a reward or privilege to be earned for successfully reaching it.

Create a simple checklist that outlines each task your child needs to complete each morning.

7:00	Get Dressed	Make Bed
7:10	Eat Breakfast	Get Hair Fixed
7:30	Brush Your Teeth	Try to Go Potty
7:40	Put on Socks and Shoes	
7:45	Get All School Stuff	Load up in the Car

Homework Help

Homework completion can sometimes be challenging whether your child is in elementary or middle school. Here are some suggestions to help make the process easier:

1. Set up a regular study space in the home and have all the necessary materials at hand, (pencils, pens, paper, highlighters, books, folders, worksheets etc.). It is helpful to have the materials organized in office supply containers on the work space so they are readily available.
2. Check your child's agenda book and plan with them in what order they will do their homework assignments e.g. math, then science, and then reading. A good rule is to have a child begin and end with an assignment they consider "easy" and sandwich the more challenging assignments in-between.
3. Estimate how long it will take the child to complete the work and build in breaks.

For Long-Term Assignments:

- Know when assignments are due and use monthly calendar to record due dates.
- Record the dates that the individual components of the assignments are due (e.g. Timeline due March 5, rough draft written report due March 14, Final draft due March 20. Final Project due March 25).
- Break long term assignments into subtasks and record them on the calendar. (e.g. Book report due April 26. April 2 Choose book. April 2-7 Read Chapters 1-4. and answer study guide questions. April 8-16 Read chapters 4-8 and answer study guide questions etc).
- Check for completion along the way.

Source: Peg Dawson Ed.D Homework Survival Guide



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Implementing a Positive Reinforcement System at Home

Most people, young and old alike, love and need to hear when they're doing a good job. We all like to be rewarded for our efforts and acknowledged when we do something right.

What is positive reinforcement? *The addition of a motivating reward following a desired behavior with the purpose of increasing the future frequency of that behavior (we **want** to see the behavior again)!*

Examples of positive reinforcement rewards: praise (attention), time with you, tangible item(s), food, an activity.

Ideas for Home:

“Caught You Being Good or Kind jar”- draw a line on the top of the jar and praise child for positive choices and what they do well and add a marble or other item to the jar. Once the jar is filled to the top of the line, child should receive a special reward (can be determined ahead of time with child. Some examples include; trip for ice cream, movie, chore pass, family game instead of normal chores- it's anything that the child likes/wants and motivates him/her to make good choices.



Sticker Chart- same as jar but use on a chart with stickers. Once sticker chart is filled, child gets reward.

Check Off Chart- can be used in conjunction with homework, household chores, bedtime routines, or for specific behaviors (i.e.: I shared with my sister). Once chart is filled, reward is earned.

Good Deed Cards- have these cards in your purse or wallet. When your child does something worth praising and rewarding, give him/her a 'good deed' card (can be used in the community). Once a predetermined amount of cards have been earned, cash in for reward.

Puzzle Pieces- child earns a piece to a puzzle for making good choices, for chores or daily routines. Once the puzzle is completed (number of puzzle pieces should be determined based on age of child), child should earn a reward. Puzzles can be made at home (print off or draw a picture and cut into puzzle pieces and laminate for durability- use with Velcro). For young children, you can use Mr. Potato Head instead. Add a piece to Mr. Potato Head when child does the expected behavior paired with your praise. Once Mr. Potato Head is filled up, child earns reward.



Events and Things to Do in and Around Methuen!

FREE guitar, drum, or piano lessons; voice & song writing (ages 10-18)

**happening until 4/16/15*

Methuen YMCA
129 Haverhill St
Methuen, MA
978-683-5266

www.mvymca.org



Ready, Set, Go! Kids Fitness
126 Merrimack St
Methuen, MA
978-685-7704

www.rsgfitness.com

offering: open gym days,
classes, parties/events, summer camp

3/28/15: Egg Hunt

April vacation: Drop off (full and half days)



Family LEGO Build
(FREE Event!)
Amesbury Public Library
149 Main St
Amesbury, MA
978-388-8148
www.amesburylibrary.org
4/4, 5/2 & 6/6/15: 2-4pm

Altitude Trampoline Park
700 Boston Rd
Billerica, MA
978-663-5867
www.altitudeparkma.com
Sun-Thurs 10am-8pm
Fri 10am-10pm
Sat 9am-10pm

