

PARENT INSPIRATION

Get Off to a Great Start

The start of another year is full of excitement and a bit of nervousness. What can you do to help your child get off to a great start—not just on the first day, but every day? Each week, this Adventist education parent newsletter will share information about the best strategies, ideas, and resources to help your child grow and learn. This week we focus on life skills and homework tips.

Ellen White wrote: “Never rest satisfied with a low standard. In attending school, be sure that you have in view a noble, holy object. Go because you desire to fit yourselves for service in some part of the Lord’s vineyard. Do all that you can to attain this object. You can do more for yourselves than anyone can do for you.”¹

SET YOUR CHILD UP TO DO THEIR BEST. TIPS FOR HOMEWORK SUCCESS:²

- Help your child learn to be organized.
- Give your child a permanent space to do homework with good lighting, supplies, and away from distractions such as TV, siblings, or you cooking dinner.
- Set aside a certain time for homework and devotions.
- Give children time to relax before they start their homework. Outside time and physical activity are especially useful.
- Teach your child to break down big tasks into smaller parts and work on long term projects systematically.
- Help your child get to bed on time, eat a proper breakfast, healthful meals and snacks, and get physical activity each day. These all contribute to better attention, better focus, and better learning.

THESE SKILLS WILL HELP YOUR CHILD BE SUCCESSFUL AS A STUDENT AND ADULT. TEACH YOUR CHILD TO:³

- **Produce quality work:** Do their best on each assignment, set high expectations for themselves.

- **Work independently:** Learn to persist, put in effort, and become responsible for one’s own learning. Don’t do for your child what they need to learn to do for themselves.
- **Think creatively:** Appreciate beauty, think about cause and effect, express self appropriately.
- **Think critically:** What is true and false? What is good, better, or best? What does it mean?
- **Manage information efficiently:** Keep learning supplies organized, care for papers and books, practice neat handwriting so they can read their own notes.
- **Work cooperatively:** Learn to get along with people with different ideas, personalities, and strengths. As a family cut out gossip and complaining about other students, adults, or teachers and seek to find ways to get along instead.
- **Communicate effectively:** Learn to talk clearly and respectfully to teachers, peers, and others. Build polite conversation skills through modeling and consistent practice at home.
- **Manage time:** Learn to manage time well to fit in worship, exercise, sleep, homework, and family time. This will help them have tools to combat the temptations to stay up late, skip worship, or use stimulants to have the energy to keep going.



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IN THE BIBLE

Teach me knowledge and good judgment, for I trust your commands. *Psalms 119:66, NIV*

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. *James 1:5, NLT*

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. *Colossians 3:23, NIV*



IN NATURE

Getting outside is good for children.

It promotes exercise, gives the brain a chance to rest areas involved in directed attention so that children can be more focused, and helps promote good mental health. Make sure

your child gets outside each day. Good health habits developed now will last for life. Learn about the benefits to children from contact with the outdoors and nature at childrenandnature.org

And childrenandnature.org/downloads/Educationsynthesis.pdf

FOR FURTHER STUDY

- This Seventh-day Adventist website has helpful information about breakfast for children. tinyurl.com/3oegd2
- Tips for Successful Students, at homepage. usask.ca/~clv022/success.htm, is written for college students but the principles apply to students at all levels.
- Counsels to Parents, Teacher and Students. Ellen White's books are freely available online at egwwritings.org or can be purchased through adventistbookcenter.com.
- The United States Department of Education has many free resources for educators and parents. Access the free Helping your Child Succeed in School resource booklet at www2.ed.gov/parents/academic/help/succeed/index.html.pdf

REFERENCES

1. *Child Guidance*, by Ellen White, page 520
2. *Education*, by Ellen White, chapter 20
3. *Education*, by Ellen White, chapter 20
4. *Testimonies*, volume 5, by Ellen White, page 335
5. *Testimonies*, volume 7, by Ellen White, page 43
6. *Child Guidance*, by Ellen White, page 521
7. *Education*, by Ellen White, chapter 20
8. *Child Guidance*, by Ellen White, page 522
9. *Child Guidance*, by Ellen White, page 522
10. *Child Guidance*, by Ellen White, page 522
11. Adventist Family Ministries, <http://tinyurl.com/3uc9tg8>
12. *Testimonies*, volume 7, by Ellen White, page 43