



AWAREness Tips: For Families of High School Students

- **Exercise That Brain**
 - Students who exercise regularly were found to have higher math achievement and better cognitive skills than those who don't. Have your child exercise some each day for their physical and mental well-being! (Institute of Education Sciences, 2012; ies.ed.gov/ncee/wwc/)

- **After School Activity**
 - Consider enrolling your child in an organized after school activity. Students in these programs have higher standardized math test scores and less behavioral issues than students who spend after-school time without adult supervision (Institute of Education Sciences, 2009). ies.ed.gov/ncee/wwc/

- **Parent School Involvement**
 - Strong school-family partnerships positively impact a child's education, and two-way communication between teachers and parents enable the student's education to continue at home. Determine the most efficient and effective way(s) to share information with your child's teacher (Collaborative for Academic, Social, and Emotional Learning, 2015). <https://casel.org>

- **Social/Emotional**
 - Children can develop healthy social and emotional skills through an adult modeling or coaching how to recognize feelings (e.g., Are you feeling mad?). Identifying and discussing emotions with your child can help them have positive social relationships and deal with their emotions appropriately (Collaborative for Academic, Social, and Emotional Learning, 2015). <https://casel.org>
 - You can help your children develop competence or the feeling of being able to handle a situation effectively by recognizing the successes of siblings individually. Avoid directly comparing your children to each other (American Academy of Pediatrics, 2007). healthychildren.org/
 - **Communicate regularly and openly with your child so they know that they are not alone.** Talk with your child about your own experiences and fears when you were an adolescent to help them understand that their anxieties are not uncommon (American Academy of Pediatrics, 2007). <https://www.healthychildren.org/>

- **Sleep**
 - Adolescents who get 8.5-9.5 hours of sleep every night have a reduced risk of experiencing depression, have better grades, have higher standardized test scores, and have an overall better quality of life (American Academy of Pediatrics, 2014). www.aap.org



➤ **Discipline**

- Relationships between parent and child can become stressful as adolescent children become more independent. It's normal to get angry or irritated sometimes, but try to avoid threatening punishments that you can't follow through with, such as "You're grounded for a year!" Decide on consequences that are fair, and then carry them out consistently (Collaborative for Academic, Social, and Emotional Learning, 2015). <https://casel.org>

➤ **Criticism**

- When your child makes mistakes, try to focus your conversation about what he or she did well before talking about what can be improved. "I noticed you got all of the multiplication questions on your math test right, you must have practiced your times tables! What do you think we can do to get those division problems worked out correctly?" Praising specific strengths helps maintain your child's self-esteem (Collaborative for Academic, Social, and Emotional Learning, 2015). <https://casel.org>