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## Help Your Child Do Better in School

By **Denni Gill**

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Has Johnny seemed a little frazzled lately? Today, kids have more worries and face more pressures than ever before. Here a few tips to help your child focus on and do well in school.

### 1. Create a personal schedule

Recording everything that must be done on a calendar or "to do" list will help him to keep track of important dates and deadlines. If he keeps it in a visible place he will have no problem acknowledging upcoming events and will be better able to plan how and where to spend his time.

A "to do" list would also help him to prioritize his tasks. When it comes to homework, whatever is most important should be tackled first.

### 2. Watch the clock

Setting an alarm for the morning is a must. I also recommend setting his clock or watch five minutes ahead since it's always easy to run late. When it comes to something like catching a bus, just five minutes can make a significant difference.

### 3. Focus

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He should train himself to be able to concentrate solely on one specific task. This is much easier in a noise-free environment. No T.V or radio should be on to distract him.

### 4. Get enough sleep

Lack of sleep is proven to take a toll on us physically. The more sleep we get, the more alert we are. We thus have more energy to handle life's daily tasks. The average adult needs at least six hours of sleep a night and the average child needs at least eight.

### 5. Stay in shape

Through spending time outdoors or playing sports with friends, he can "blow off some steam" so to speak, as well as re-energize. Encourage him to get outside.

### 6. Talk through your problems

Being able to share his concerns with you will alleviate the frustration of keeping things bottled up. Sharing feelings often makes them easier to deal with. If you make it clear that you understand him and are willing to help, not only will you contribute to his emotional health but you'll help build an open and honest relationship as well.

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## **How To Prevent Your Child From Having Problems At Daycare Or School**

**By Susan Wong**

Let's face it: As a parent or guardian, your child means everything to you. When putting your child through daycare or school, it is important to make sure that nothing goes wrong to harm your child - either physically or mentally.

Additionally, your child's health and safety should be one of your top concerns. If your child is enrolled in a day care or school program and something goes wrong, you're sure to feel upset or angry.

However, taking an aggressive approach and complaining with the daycare or school can sometimes make the problem worse rather than better. Rather, you should take preventative measures to making sure that your child will have a wonderful experience.

## Help Your Child Do Better in School

Below are some proven steps you can follow to making sure that your child doesn't run into any serious problem at daycare or school:

- Do not blame anyone before having solid proof or evidence. Work with your child's teacher or caregiver on coming up with several solutions to the problem and reaffirm your active role in your child's education. By being a problem–solver, you're not only showing that you're active and involved in your child's life, but also that you're a responsible individual who cares about coming up with solutions rather than winning arguments.
- Use subtlety when trying to probe the truth from teachers or caretakers. Try to find something worth praising or noting in the school or person who is working with your child. Starting the conversation out on a positive note shows that not only are you concerned about your child's well being, but that you also notice and appreciate the dedication and enthusiasm of the caregivers and teachers involved.
- Let your child tell you in his or her own words what's going on at daycare or school. However, you shouldn't rely on their explanation as the only one. Get information from teachers, classmates or even other parents. You'll find that there are several sides to the story, and the more you know, the more fully and accurately you can approach the teacher or caretaker and voice your concerns.
- Follow up with the people you've taken your complaints to and talk with your child to see how things have improved. If the situation hasn't changed, take your complaint to the next person up and repeat the steps above until a resolution has been made. Being informed and involved with your child's school shows that you're more interested in seeing quality results than making a one–time complaint and letting the issue sit while nothing is done to correct it.
- Try to keep the issue on the actual incident instead of the people involved. This helps minimize any later confrontations (between your child and another child, for example), and also helps the teacher focus on the problem and not the ones who started it. Also, don't forget or ignore your child's possible role in the problem.

As they say, it is best to prevent than to find a cure later. Always be sure to show your confidence in the daycare or school you enroll your child in. This way the daycare or school will also respond by living up to your expectations!

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