

Parent Pointers

Calendar

Snake River Junior High School
Blackfoot, Idaho



THE PARENT INSTITUTE®

Parent Pointers Calendar

High School Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2019				1 Will your teen need back-to-school clothes? Set a budget and let her make some choices.	2 Ask your teen to put gas in the car. Teach him how to check the oil.	3 Enjoy some physical activity with your teen today.
4 Challenge your teen to do a secret good deed for a friend or neighbor.	5 How many times a day does your teen check social media? Challenge her to keep track.	6 Memorize a poem or a quotation with your teen today.	7 At your teen's next checkup, let him spend some time alone with the doctor.	8 Let your teen be your tour guide this summer. Have her plan a family outing.	9 Think your teen is too old for reading aloud? Try it. Or try listening to audiobooks together.	10 Exercise increases the flow of blood and oxygen to your teen's brain, which boosts his thinking skills.
11 Have your teen check the ads in the Sunday paper for the best buys on back-to-school items.	12 At bedtime tonight, tell your teen a story about yourself at her age.	13 Resume your teen's school sleeping routine. Have him go to bed earlier and get up earlier in the morning.	14 If your teen breaks the rules, avoid setting punishment in the heat of the moment.	15 Want to let your teen know you love her? Give her a genuine and specific compliment.	16 Make it a screen-free night tonight. Read instead.	17 Take a walk with your teen and use all five senses to observe the world around you.
18 Promote healthy risk-taking to boost confidence. Applaud your teen when he tackles a new challenge.	19 Teens need to have a say in their day-to-day lives. Review a few of your household rules together.	20 Talk about a controversial issue with your teen. Ask, "What do you think?"	21 Today is Senior Citizens Day. Talk to your teen about the contributions older people have made to our society.	22 Now that school is about to start, check to see how parents can help out. Plan to volunteer.	23 Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.	24 Test observation skills. Challenge each other to describe someone you just passed on the street.
25 Plan a special activity to celebrate the beginning of the school year. Take your teen out for a special treat.	26 Talk to your teen about people she admires. Discuss the reasons why she admires them.	27 Ask your teen to tell you about something that makes him laugh. Which of his friends has a similar sense of humor?	28 Talk about your teen's goals for the coming school year. Post the list where you can both see it often.	29 Talk with your teen about what makes you happy and what causes stress in your life.	30 Watch a silly movie, pop some popcorn and relax with your teen.	31 Have your teen write a note to a friend today.