



Back to School Success

While there are many factors that contribute to a child's school success—over two hundred studies have reported that parent involvement is the most important. But thinking about staying involved can seem overwhelming and often confusing. We at Active Parenting want to share valuable resources to take some of the stress out of parenting so that parents can enjoy this incredible time with their children.

FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfc.org/activeparenting) for more information and to start your Active Parenting journey today.

Seven Ways to Help Children Succeed in School:

1. **Show up & show support.** Attend Parent/Teacher Night and conferences. Look for opportunities to volunteer. Be there for school plays and other special activities when you can. When parents are engaged both at home and at school, studies show that children are more likely to:
 - get better grades.
 - do better on standardized tests.
 - have higher attendance rates.
 - graduate and go on to college/trade school/military.
 - get involved in extracurricular activities
 - feel more connected to the school.
 - have higher self-esteem and better behavior.
2. **Get to know your child's teacher & encourage them.** Establish open lines of communication with your child's teachers and school staff. When parents build a positive, supportive relationship with their child's teacher, everyone benefits.
3. **Make learning a family priority.** When parents make learning a priority, it fosters an interest in learning not only in school but everywhere. Learning is a lifelong endeavor—so make it fun!
4. **Structure homework time.** Develop a consistent routine that includes set times for homework, studying, meals, and bedtime. A structured routine helps children develop good time management skills and creates a sense of stability, which positively impacts their academic performance.
5. **Read and talk with your child.** Reading aloud to your child is the best way to improve reading skills and it's the best predictor of school success. Research shows that reading skills are also the best predictors of algebra skills, career success, and earning power.
6. **Filter and limit your child's media.** Media has become an important part of how we learn and interact with others so children need to learn how to use technology and media skillfully. There is also an inherent risk in opening this adult world to our children. Media can be an unhealthy influence on a child's values.
7. **Support your school's discipline plan.** Imagine how frustrating and chaotic it would be to play a game without rules. Make sure children know the school rules and support them. Have a family talk to review and discuss the school's discipline plan.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.