

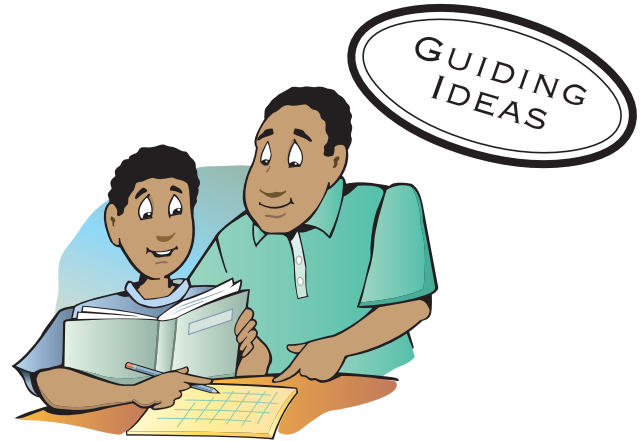
Routines Are Essential For Good Behavior

Your child's best chance for academic success comes when his behavior does not interfere with learning at school. To encourage proper behavior—at home and at school—use the power of routines.

Routines help your child remember what he's supposed to do and how he's supposed to behave. They create a sense of order, which also transfers to the classroom.

Here are some things you can do:

- **Establish a bedtime routine.** Make sure your child gets plenty of sleep.
- **Create a daily homework schedule.** Monitor his homework, but make sure *your child* does the work—not you!



- **Plan at night.** Have your child pack his backpack and place it by the front door where it's ready to go in the morning.

When things happen in the same way each day, it leads to good behavior. Your child will know what to expect. He will learn to become more self-sufficient—and go off to school ready to learn.