



Ms. Danielle Lucier
Elementary School

Home Environment Made for Learning

How to make sure your children are most ready to learn!





Physical Readiness

Individuals work and learn best when they have had enough rest and have enough energy.

Send Your Child to School Well-Rested

- Establish a regular bedtime and wake up time
- Establish and enforce a bedtime routine

Send Your Child to School Well-Fed

- Eat at least 5 portions of fruits and veggies a day
- Eat whole grain foods often
- Drink milk

Mental Readiness

A positive mental state is very important when it comes to children's learning and memory.

Send Your Child to School Calm and Happy

- Deal with any stressors
- Give time and support
- Strengthen your family

Send Your Child to School Motivated

- Show interest
- Communicate your expectations
- Model learning

Send Your Child to School Well-behaved

- Teach your child to mind your authority
- Establish Rules
- Have children help with chores
- Teach your child to be respectful of others

Send your Child to School Prepared

Children need to learn that as that when it is time to work they need to work hard and when it is time to play then they can play hard.

- Set up regular study times
- Teach your child skills to succeed
- Monitor your child's use of skills
- Reinforce your child's use of skills

Contact Us

If you have any questions regarding the information provided to you, please contact Ms. Lucier, or use the link below to read more about effective parenting.

http://bradford.k12.ar.us/parental-involvement_3_3743433439.pdf