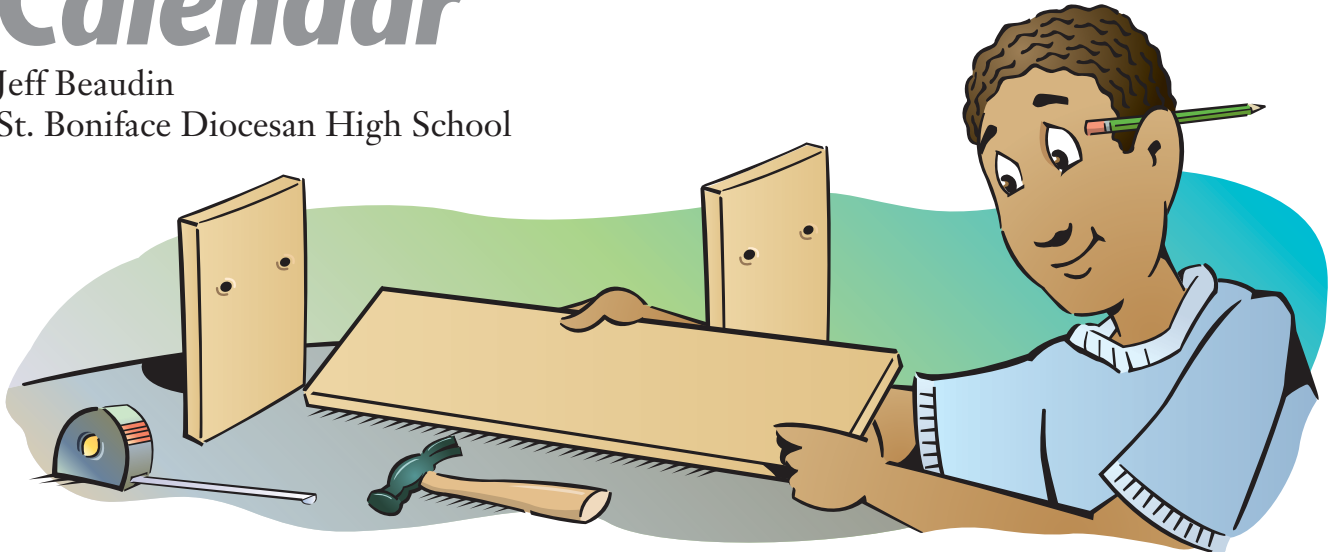


# Parent Pointers

## Calendar

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THE PARENT INSTITUTE®

## Parent Pointers

### Calendar

High School Parents  
*still make the difference!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Make a list of things your teen loves. Choose two or three and do them this month.	<b>2</b> If your teen fails at something, find at least one thing she can learn from the experience.	<b>3</b> Tucked into a pocket or a backpack, index cards can help your teen grab a few extra study minutes.	<b>4</b> Emphasize the importance of regular school attendance. It's important in every job.	<b>5</b> When you talk with your teen, who does most of the talking? After 30 seconds, stop and wait for him to respond.	<b>6</b> Find out whether your teen's school offers a college test preparation course. Encourage your teen to sign up.
<b>7</b> Teach your teen how to sew on a button.	<b>8</b> Visit the library. Have your teen check out a book about African American history.	<b>9</b> Have your teen teach you how to program your DVR or use the Internet. He'll be building his self-esteem.	<b>10</b> Post a favorite quote on the mirror your teen uses. Look for inspirational quotes that will motivate your teen.	<b>11</b> Mail your teen a Valentine so it will arrive in the mail for her tomorrow.	<b>12</b> Make sure your teen knows Internet safety rules. Never give out personal information, never meet in person.	<b>13</b> Help your teen learn how to "force" bulbs so they'll bloom indoors. Enjoy an early spring.
<b>14</b> Serve your teen's favorite dinner today "just because I love you."	<b>15</b> When valentines go on sale, buy several to send to your teen throughout the year. Teens love getting mail.	<b>16</b> Each day, 3,000 teens start smoking. One in three will die prematurely from a smoking-related illness.	<b>17</b> Is your teen facing a problem at school? Help him brainstorm on how he could solve it—without your help.	<b>18</b> Start a family savings plan for a special goal. Plan the goal together and talk about how all will contribute.	<b>19</b> Compliment your teen on something about his appearance today.	<b>20</b> Enjoy a long walk with your teen. Talk about one long-term goal. How can you work together to achieve it?
<b>21</b> Teach your teen how to change a tire or use tools to make a simple repair.	<b>22</b> Visit the library. Look for a biography on a person your teen admires.	<b>23</b> Is your teen choosing courses for next year? A "B" in a tougher course is better than an "A" in an easy course.	<b>24</b> Dig out a favorite children's book and read it together. You may find there are still lessons to be learned.	<b>25</b> Listen to music with your teen. Take turns choosing the artists. You may both expand your musical horizons.	<b>26</b> If your teen is reading a classic for English, see if there's a movie version. Watch it together and compare.	<b>27</b> Girls who participate in sports have higher self-esteem and higher college entrance scores than those who don't.
<b>28</b> Plan a "grownup" day out with your teen. Visit a museum together, then have coffee or tea.	<h1>February 2010</h1>					