

# HOOD CANAL SCHOOL DISTRICT NO. 404

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**Committed to Excellence**

## **What Families ‘Do’ Counts More than Income, Education**

A recent government study capturing 30 years of research shows that what a family does is more important to a child’s success than family income or education.

Among the most important things parents can do to help children achieve:

- Establish family routines for doing homework and chores.
- Eat meals together and go to bed at a regular time.
- Read together a little every day.
- Use the TV and Internet wisely.
- Limit viewing on school nights.
- Help kids select educational, non-violent programs. Watch and discuss programs together.
- Monitor other out-of-school activities. Working parents should make regular phone calls to an older child at home.
- Express high expectations.
- Always offer praise and encouragement for your children’s achievements.
- Set a good example.
- Talk about the impact of drugs and alcohol, and discuss education and other values you want your kids to have.
- Talk often and openly. Listen and help children solve their concerns and worries.
- Keep in touch with the school.
- Be involved and stay informed about your child’s progress.
- Use community resources. Take advantage of after-school activities. Seek health care, housing assistance, adult education and family and employment counseling if needed.

*Source: Strong Families, Strong Schools: Building Community Partnerships for Learning. U.S. Department of Education.*

More Useful Information for Parents from the U.S. Dept. of Education (See link below)  
<http://www2.ed.gov/parents/academic/help/hyc.html>