

Tips for Helping Your Teen in School

- ***Give your teen a good breakfast in the morning.*** Try to include protein like eggs, sausage, tofu, cheese, beans & rice, or milk. Protein helps teens think better and pay attention in class.
- ***Make sure your teen gets to school on time.***
- ***Talk about the importance of graduating from high school.***
- ***Make sure your teen goes to an after-school homework program.***
- ***Clear off space on a table or desk to do homework.***
- ***Have 1 hour of quiet time without TV or radio each night for homework.*** This hour can be a good time for other family members to pay bills, write letters, or read newspapers or magazines.
- ***Make sure your teen gets 8 hours of sleep.*** Teens pay attention and do better in school and at work when they aren't tired.
- ***Check the "Source"*** to see how your teen is doing at school. If your teen isn't doing well in a class, call the teacher and ask what to do.
- **School phone #:** _____
- ***Have a check-in routine*** for afternoons when your teen is home alone.