



Some Technology Tips For Families

Make rules with your kids about using computers and cell phones, and watching the television.

Keep TV's and Computers in the common areas of the house. Don't put computers and TV's in children's rooms.

Watch what your children are doing on the computer and television, listen to their conversations on the cell phone.

Don't watch TV or talk on the cell phone while doing homework, during dinner, or while playing together.

Consider television, computer, and cell phone use as a privilege your child earns after homework and chores are finished. Limit time spent on technology based activities.

Watch TV and use the computer together. Talk about the things you learn, see, and your experiences by using the ideas presented through these mediums.

Teach your child appropriate online behaviors and clarify your expectations about sharing personal information over the internet and cell phones.



Supporting families and communities in West Seattle



Parent Involvement and School Partnership Ideas and Tips

Parent and Family Advocacy School Involvement and Support Information and Resources

Neighborhood House

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- Ask your child specific questions about what they are doing at school and homework

Did you like doing the project? Why? Why Not?

How did you solve a problem today?

Describe one thing that happened today?

- Set a regular daily schedule

Wake-up and Breakfast

Getting Ready for School and Leaving On Time

Return from School and Homework

Family Dinner

Family Reading and Bedtime

Consider how extra activities influence the day.

- Children need **9-10** hours of sleep every night

- Attend your child's school programs and activities

Performances - Concerts, Plays, Class Activities

Curriculum and Information Evenings

Parent Enrichment Programs

- Communicate with your child's teacher each week

Let your child's teacher know about major changes in your child's life- (i.e. illness of family members, death of an animal, unusual disruptions)

Call the school if child will be absent and explain why

Keep your phone number and emergency information updated at school

Read school papers, flyers, classroom and school newsletters, permission forms and return when needed

- Visit the classroom & school when possible

Family Nights, Open House, Parent Teacher Conference, It is OK to make Appointments