



# A PARENT'S CHECKLIST

Research has been collaborated from:

- National Standards for Parent/Family Involvement Programs / National PTA
- Every Student Succeeds Act (ESSA) Parent Involvement Sec.1118
- Joyce Epstein, Johns Hopkins University Center for School Family & Community Partnership
- National Coalition for Parent Involvement in Education

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PUBLIC SCHOOLS  
Preparing Students for Life

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# A PARENT'S CHECKLIST

Are you using  
effective  
parenting  
skills?

Answer these  
easy questions  
and see...

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# A PARENT'S CHECKLIST

Are you using effective parenting skills? Answer these questions to see how you are doing. Do you follow these guidelines always, sometimes, or never?

## Attendance

- I expect my child to go to school every day, be on time and stay for the entire day.
- I call the school's attendance line to report my child's absence.

## Communication

- I attend scheduled conferences.
- I ask for a conference with the teacher if I have a concern.
- I inform the teacher of anything that may have an effect on my child's performance or behavior.
- I read and act on information sent home about my child's achievement.
- I talk with my child and know what he or she is doing with whom.
- I talk with my child and help him or her set goals.

## Health

- I schedule visits to the doctor and dentist.
- I set a bedtime that lets my child get nine hours of sleep.
- I provide healthy meals and snacks.
- I talk with my child about the dangers of abusing alcohol and drugs.

## Interest

- I set aside time each day for my child to share with me what he or she has done in school.
- I review my child's report card and help him or her set goals for doing better.
- I read with my child every day.



## Expectations

- I set high expectations for my child's behavior and achievement at school.
- I expect my child to ask for help when he or she needs it.
- I expect my child to finish all class and homework assignments.
- I expect my child to respect others.
- I expect my child to get a high school diploma and seek additional education.

## Volunteerism

- I set a good example for my child by helping at my child's school and in the community.

## Encouragement

- I praise my child for his or her good behavior and effort.
- I display my child's schoolwork on the wall, refrigerator or bulletin board.