



Parents/guardians and schools are partners in children's education. As you are the most important persons and strongest influence on the behavior of your children, both at home and at school. How parents handle discipline at home affects a child's behavior at school. Review the tips below:

1. Read *Guiding Principles for the School Community and Culture of Discipline: Student Expectations*. Learn the school's rules and be sure you and your children understand and follow them.
2. Involve your children in the establishment of rules in the home. Be clear about rules, including rewards and consequences. Rules should be simple, age-appropriate, and clearly explained.
3. Participate in your children's education, help them with homework, communicate with their teachers, attend school function, such as, parent conferences, classroom programs, exhibitions of student work, and PTA.
4. Set appropriate limits on your children's behavior. Hold them responsible for their actions. Enforce rewards and consequences consistently.
5. Use a positive approach when disciplining your children. Children who hear three times as many positive comments as negative ones are more likely to flourish in life. Say, "do this" more than "don't do that."
6. Help your children develop a network of trusted adults. If you are parenting alone, look for adult role models of both genders who can be positive mentors for your children.
7. Help your children understand the value of accepting individual differences.
8. Help your children find a way to express anger without verbal attacks or physical violence. When you get upset, take advantage of the opportunity to pause and then demonstrate the appropriate reaction and, speak about the issue.
9. Teach your children to resolve problems. Good listening skills, honest communication, conflict resolution skills, and patience will help your children be resilient (able to bounce back from setbacks).
10. Teach your children stamina, endurance, and high expectations. The most important skill for academic success is the willingness to keep working even when it is difficult.
11. Help your children express anger without verbal attacks or physical violence. Be careful with your words. Words can hurt or they can heal. Choose carefully.
12. Acknowledge your children's accomplishments, efforts, improvements.
13. Model respect for differences. Recognize the dignity in all persons.
14. Keep open communication with your children. Meet your children's friends. Always know where your children are and who they are with.
15. Participate in your children's education. Help them with their homework, communicate with their teachers, and attend school functions, such as, parent conference, classroom programs, exhibitions of student work, and PTA.
16. Be a positive role model. You are your children's first role model and your behavior is the basis for establishing your expectations.
17. Treat school personnel and District employees with respect and expect them to treat you and your children with respect