



1. **Make early and frequent contact with your child's teacher.**

2. **Know your child's friends.** Plan a weekend play date, even if it's only for an hour or two, and don't let the kids hide away downstairs or up in your kiddo's room. Make a snack together, play a game together, or pull out a craft to do together.

3. **Eat at least two dinners together each week.** It's a great time to talk about the day, make sure your kids are chewing with their mouths closed (really!), and to actually sit down and look at your cute kids before they run off and turn into 20-year-olds tomorrow night. And the meal? Doesn't have to be fancy. Just has to be something on the table that you eat together.

4. **Make a home for everything.**

When your kiddo walks in the door, shoes make a beeline for the shoe shelf, lunchbox gets emptied then heads to his landing pad on the counter, backpack drops in the box. No questions asked.

5. **Create a structured time and place for homework.** For some, it works to get homework completed immediately after walking in the door and finishing snack; for others, homework's best saved for after dinner. It doesn't matter when you choose—just make a choice and stick with it. Everyone fares better with routine, so start one for homework asap.

6. **BECOME A FAMILIAR FACE AT SCHOOL.**

7. **Ask your child questions and listen to the answers.**

8. **Get your kids involved in at least one extra-curricular activity.** Even if it's one little thing that gives them a chance to interact with other kids and burn some steam, it counts.

9. **Meet parents.** Respond to the Room Parent's plea for help, and remember her name when you see her at Back-to-School night or at the class party. Get to know the moms, dads, grandparents, and sitters who walk their kids to school or the bus stop. Ask parents—especially the seasoned ones—questions, and learn a little from them if you can. Learn which kids belong to which parents. Exchange contact information so that you can text someone to give you a hand if you're running late one afternoon, or meet up at the playground after school.

10. **Be thankful. Be supportive. Be grateful.**

