The members of NYSUT, a union of professionals in education and health care, are committed to helping parents, schools and communities foster a healthy and vigorous learning environment for the children of New York state.

In keeping with that goal, this NYSUT brochure brings you ...

**Tips for parents of students in kindergarten through grade 4**

- Develop good communication between the classroom and home by visiting school and getting involved with your child’s teachers and school activities.
- Sign up with your school’s PTA/PTO.
- Volunteer to go on class field trips as a chaperone.
- Limit computer and television time at home.
- Take your children to the local library and help them sign up for their very own library card.
- Read with your child every day, even if it’s only a few pages or an article in the newspaper.
- Help your child keep a journal and get in the habit of writing in it or adding something (like a leaf or sticker) to it every night before bed.
- Let your children help with the family meal planning and grocery list. Encourage them to suggest healthy foods.
- Cook with your child. Have him or her do the measuring while brushing up on math skills.
- To bridge the summer hiatus, make sure kids keep reading and writing in their journals.
- When on family vacations, point out areas of geographic and historic interest and have your children record the visits in their journals.
- Encourage children to write to relatives who may live a distance away.
- Help your child find a pen pal; one from a foreign country would be great.
- Teach your children how to be ecologically responsible by recycling, learning more about nature and advocating for environmental issues.
- Study the sky. On clear nights, go to a place where it’s dark enough to see the stars and help your child identify the major constellations. This can be done any time of the year.