

P.E.A.R.L. PROGRAM'S

HELPFUL HINTS FOR SCHOOL SUCCESS

- 1. LIMIT TELEVISION WATCHING AND VIDEO GAMES.**
- 2. INCREASE OUTDOOR PLAY AND CREATIVE PLAY.**
- 3. DEVELOP GOOD LISTENING HABITS BY SAYING DIRECTIONS ONCE IN A CALM VOICE.**
- 4. MAKE SURE YOUR CHILD DRINKS PLENTY OF WATER, AND LIMIT THE INTAKE OF DIURETICS SUCH AS COFFEE, SODA, TEA AND CHOCOLATE.**
- 5. MONITOR DIETS TO REDUCE FAT, SUGAR, SYNTHETIC COLORING AND SWEETS WHICH HAVE LITTLE FOOD VALUE AND CAN RESULT IN BEHAVIOR PROBLEMS.**
- 6. READ TO YOUR CHILD DAILY AND DO A VARIETY OF LANGUAGE ACTIVITIES SUCH AS SINGING SONGS, NURSERY RHYMES AND PUPPET PLAYS.**
- 7. WHEN YOUR CHILD ENTERS SCHOOL, TRY TO START EACH DAY CALMLY AND IN A POSITIVE MOOD SO THAT THE CHILD IS NOT STRESSED AT SCHOOL ABOUT A HOME PROBLEM.**
- 8. SHOW YOUR CHILD THAT LEARNING IS IMPORTANT BY BECOMING INVOLVED IN YOUR CHILD'S EDUCATION AND ATTENDING SCHOOL ACTIVITIES.**