

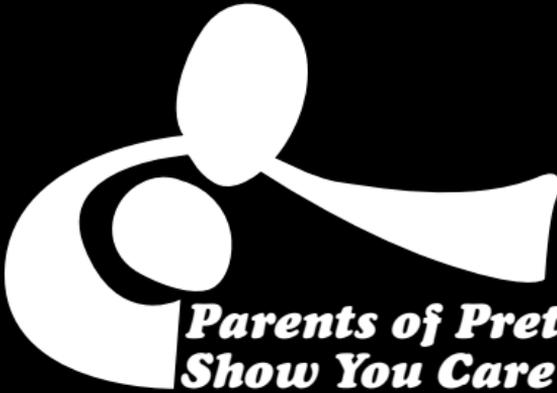


COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

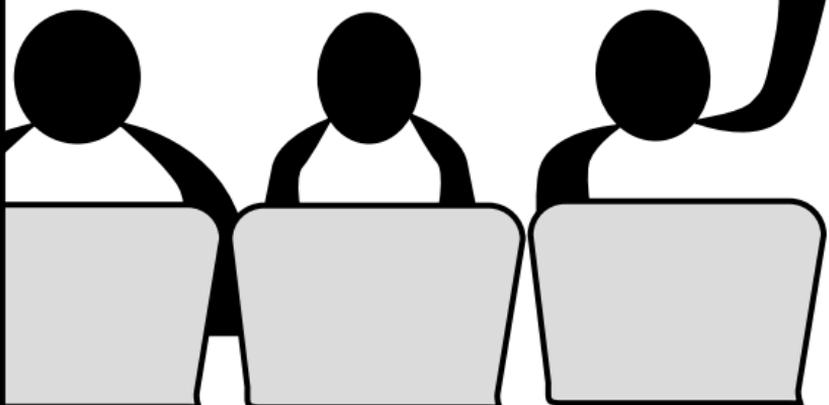
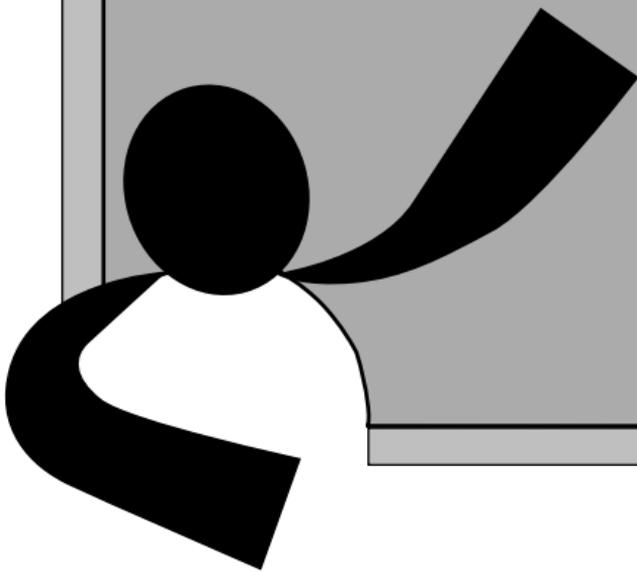
UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 255



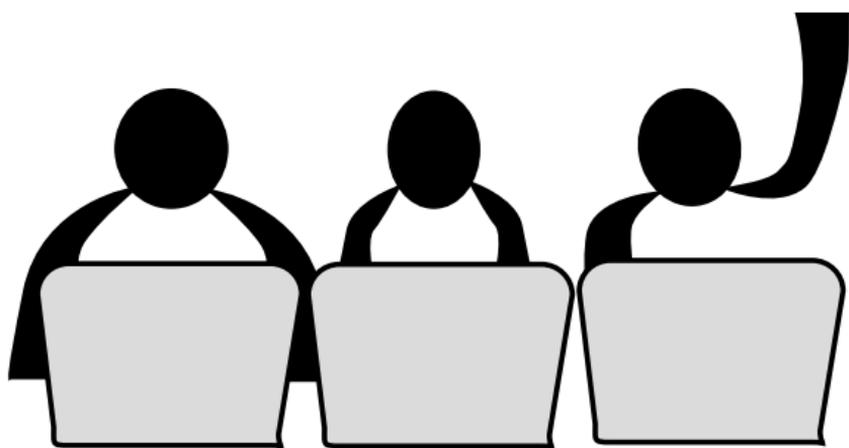
***Parents of Preteens:
Show You Care***

**Help Your
Preteens
Succeed in
School**



Educating People To Help Themselves

Parents of Preteens: Show You Care



Help Your Preteens Succeed in School

It is important for preteens to do well in school. You can help them by making sure that they eat right, get enough sleep, and have good medical care. A happy home life also helps.

You need to help your preteens feel good about school. Their attitudes about school are important. How you feel about school affects how your preteens will feel. You need to set an example. Preteens often learn to dislike things about school that you did not like. If you did not finish high school, enroll in a GED class. If you finished high school, take another kind of class to show that you think learning is important.

It is okay if your preteens do better in some classes than in others. If they did not do as well as they wanted to, try to figure out what happened. Help them to do better. Support them when they try to do their best. Help them find special help if they need it.

Ways To Help Preteens Succeed in School

- Ask your preteens to tell you about school.
- Talk with them about what they like about school.
- Let your preteens make some choices about school subjects and activities.
- Go to school events with your preteens.
- If your preteens have school problems, talk with their teachers.
- Talk with your preteens about ways to improve grades.
- Talk about report cards in a positive way.
- Praise your preteens for doing good work.
- Set up a plan to help them study.
- Find a quiet place for them to do their homework.

Other leaflets in the *Parents of Preteens: Show You Care* series are

- L 249 Tell Your Preteens What You Expect
- L 250 Prepare Your Preteens for Body Changes
- L 251 Help Your Preteens Do What Is Right
- L 252 Help Your Preteens Make Friends
- L 253 Help Your Preteens if You Separate
- L 254 Get Help When You Need It
- L 256 Boost Your Preteens' Self-Esteem

Prepared by

Billie H. Frazier, Ph.D.

Extension human development specialist

Department of 4-H and Home Economics

Bonnie B. Tyler, Ph.D.

associate professor

Institute for Child Study

University of Maryland at College Park

Reviewed by

Sarah L. Anderson, Ed.D., CHE

associate professor and Extension program leader

Texas Agricultural Extension Service

Texas A&M University

Albert H. Gardner, Ph.D.

associate professor of human development

University of Maryland at College Park

Patricia Tanner Nelson, Ed.D.

family and child development specialist

Cooperative Extension

University of Delaware

Emily S. Wiggins, Ed.D.

Extension family life specialist

Cooperative Extension Service

Clemson University, SC

Special thanks to

Maria M. deColon, Ed.D.

Extension EFNEP coordinator

Department of 4-H and Home Economics

Jane R. Wagner, M.S.

Extension home economics agent

Allegany County

EFNEP nutrition aides

Allegany County

P93/R95

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, University of Maryland System, and local governments. Thomas A. Fretz, Director of Cooperative Extension Service, University of Maryland at College Park.

The University of Maryland is equal opportunity. The University's policies, programs, and activities are in conformance with pertinent Federal and State laws and regulations on nondiscrimination regarding race, color, religion, age, national origin, sex, and handicap. Inquiries regarding compliance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments; Section 504 of the Rehabilitation Act of 1973; and the Americans With Disabilities Act of 1990; or related legal requirements should be directed to the Director of Personnel/Human Relations, Office of the Dean, College of Agriculture and Natural Resources, Symons Hall, College Park, MD 20742.