

Ways to Support Your Child



1. Build stamina

- a. Have your child work on a single project for an extended period of time without disruptions
- b. Read every day for at least 30 minutes

2. Practice math facts everyday (until your child knows them within 3 seconds) for addition, subtraction, and multiplication

- a. Make flashcards and put them into one pile of "facts that I know" and another pile of "facts I'm working on"
- b. Discuss strategies for remembering them (for example, 9×5 could be "I know how to skip count by fives more comfortably than by nines, so 5, 10, 15...")
- c. Play games online that encourage memorization of facts
 - i. www.multiplication.com
 - ii. www.fun4thebrain.com
 - iii. www.abcya.com
- d. Have fun! This is a great activity to do work on while on the way to school or in the car!

3. Engage in real life math problems that require multi-steps

- a. Find the sum of the cost of groceries and then figure out how much change to receive back from the cashier at the supermarket
- b. Determine which measuring unit to use when cooking from a recipe
- c. Make recipes smaller or larger quantities based on how many people you need to feed

4. Model how to use transitional phrases in everyday conversation

- a. First, next, then, and, finally
- b. For example, another example...
- c. In addition, also, too, similarly...
- d. In contrast..., however...,

5. Encourage the use of domain-specific vocabulary

- a. Discourage using the word "thing"
- b. Ex. When talking about butterflies, be an expert at the topic by using words like metamorphosis, egg, larva, pupa, adult, etc.
- c. Ex. When talking about the American Revolution, use words like loyalists, patriots, colonists, tyranny, etc.

6. Ask your child about the books they are reading. Ask your child about themes, characters, and ideas authors are writing about.

7. **Stay calm and relaxed.** State tests are one measure of what a child knows. Children also pick up on stress. Encourage deep breathing, mindfulness and exercise.