



Keystone. Aspire

• Creating pathways to success •

Top tips for parents - "Fridge Notes"

Tip 1: Remember you are your child's first teacher.

Tip 2: 'Aspiration begins at home' - set expectations.

Tip 3: Model respect for teachers & work with them

Tip 4: Engage in 'family talk.'

Tip 5: Enjoy activities together as a family.

Tip 6: Help your child develop a "growth mind-set"

Tip 7: Nurture your child's emotional well-being

Tip 8: Be your child's advocate but teach them how to advocate for themselves.

Tip 9: Build children's brain muscles through sleep, diet, nutrition and exercise.

Tip 10: Help your child see the 'lion' inside.

Check out my site: www.keystone-aspire.com



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