



Parent's Survival Tips

School Age

Five, six and seven-year-old children are often excited about going to school and their new responsibilities, but their parents are still the most important persons in their lives.

With school-age children, it is important to set limits and let children know what is expected of them. Do this with a soft voice. Provide clear and consistent discipline. Each child needs to feel special and nurtured in your care. They like to be helpful, especially to adults.

Here are some useful tips for communicating and connecting with school-age children:

- Show your interest. Check homework, talk about what's happening in school, ask their friends over, and occasionally find time to see your children's teachers.
- Communicate. If there's a single golden rule for parents, it's this: Talk to your children. (And, listen, too.)
- Assign kid-sized chores. Kids this age love to help. Just make sure the chores fit each child's capabilities. Nothing makes a child lose interest faster than having to do something too difficult, or easy too.

For information, support and referrals related to parenting and family concerns, please call the Parent Helpline at 1-800-CHILDREN.