

# *Unleash the Greatness in Your Child*



**Powerful,  
Character-Building,  
Positive  
Parenting Activities**

An "I Care" Positive Parenting Workbook



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Written by Elbert D. Solomon, Thelma S. Solomon, and Martha Ray Dean  
Book design and illustrations by Phillip L. Harper, Jr.

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E-mail: [parents1@icarenow.com](mailto:parents1@icarenow.com)

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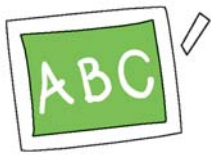
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# Introduction

## The “Unleash the Greatness in Your Child” Workbook

The “Unleash the Greatness in Your Child” Workbook will not only increase the impact that you can have on the social, emotional, and academic growth of your children, but it can help them to reach their fullest potential. Highly successful individuals share a number of traits in common. Among them are the thinking skills, attitudes, and behavior patterns that represent “character.” This book provides tools for parents like you who want to begin unleashing the potential in their children through the development of their character.

## Positive Parenting

Positive parenting strengthens parent/child relationships by engaging children with the most important teachers they will ever have—their parents. Furthermore, it increases academic achievement and expectations for the future; instills self-esteem and confidence; and reduces behavior problems and school absenteeism.

## Character Development

Character development doesn't just happen, it is primarily learned from role models and significant adults and should be started at an early age. A list of the twelve “Pillars of Character” upon which the “I Care” approach is based is found on pages iv and v, along with the behaviors that define them at each grade level of the “I Care” Positive Parenting Workbooks.

## “I Care”

Beginning over ten years ago, “I Care” is committed to communicating with parents the importance of their involvement with their children and helping them improve their parenting skills. Today, “I Care” is used by over a million parents.

## “I Care” Positive Parenting & Mentoring Curricula

“I Care” Positive Parenting & Mentoring Curricula are used in over 35,000 classrooms for Toddler and Pre-K through High School. Activities similar to the ones in this Workbook are implemented by parents throughout the school year. Administrators, teachers, and parents have all raved about the results.

## Feedback

Feedback is one of the key components to the “I Care” approach. Defining parental involvement as the number of positive interactions you have with your child makes it easy. The *Reflection Activity* at the end of each month will help you keep track of your involvement. The other indicator will be the changes you see in your child. They will be stunning.



# How To Use This Book

## Practice, Practice, Practice

Practice is necessary for a behavior or attitude to become a habit. That's why we provide so many activities for each character trait. In fact, learning theory tells us that it generally takes 21 days of practice before a new habit is acquired. But don't stop with ours! Be creative in developing your own activities as well.

## Discuss, Discuss, Discuss

Discuss—not tell, tell, tell—is the rule. If a child can talk about an idea using his own words, ask questions about it, and consider it from different points of view, he will both learn it and understand it more completely.

## Parenting Activities

Carefully read through the month's activities. Designate a visible location to place the positive message and post the activities (refrigerator, message board, etc.). The activities can be done while walking or riding in the car, at the breakfast table, at bedtime, on weekends, and in other situations where you and your child are together. Take advantage of the "teachable moments" and read to and with your child daily.

## Monthly Character Traits

There are twelve important character traits, one for each month of the year, spiraling from a Pillar of Character. They instill self-esteem, positive attitudes, and self-confidence. Focus on one character trait per month and complete the associated parenting, enrichment, reinforcement, positive message (monthly character trait), and reflection activities.

## Parenting Pledge

The *Parenting Pledge* is an affirmation from the parent to the child that the character traits will be practiced and reinforced. Display it in a visible location. (See page vii.)

## Child's Pledge

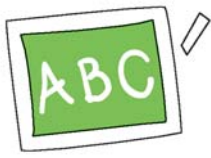
The *Child's Pledge* is an affirmation from the child to the parents. Have your child repeat it often until it is committed to memory. Display it in your child's room. (See page ix.)

## Enrichment Activities

The *Enrichment Activities* will get your child excited and motivated about learning. The activities are designed to enhance your child's skills in reading, writing, constructing, designing, recognizing, visualizing, making patterns, and communicating.

## Positive Messages

The monthly *Positive Message* should be displayed in a visible location to help your



child maintain focus on one character trait while you, as a parent, provide reinforcement actions.

### **Reinforcement Activities**

These *Reinforcement Activities* will give parent and child multiple opportunities to manipulate and model the behaviors associated with each character trait during the month.

### **Reading Activities**

The recommended books and reading activities support the child's literacy development and reinforce the monthly character traits. These books may be available at your local library or they can be purchased in a set of 12 at [www.icarenow.com/parents.html](http://www.icarenow.com/parents.html). Other books that reinforce the month's concept may be used if the recommended books are unavailable.

### **Reflection Activity**

The monthly *Reflection Activity* is designed for parents to summarize their positive actions, recognize their accomplishments, and encourage self-initiation of more positive parent/child interactions.

### **Successful Parenting Practices**

The timeless successful parenting practices at the end of each month's activities were used as a guide to develop the "I Care" Positive Parenting Workbook. They serve as models for effective parent/child relationships.

### **12 Universal Pillars of Character**

**Goal Setting**—*Learning How to Plan*

**Self-Aware**—*Understanding What You Think and Why*

**Value Achievement**—*Taking Pride in Accomplishments*

**Value Others**—*Being Able to See the Good in Everyone*

**Self-Control**—*Keeping Action and Emotion in Check*

**Caring**—*Respecting Others' Feelings and Giving of One's Self*

**Responsible**—*Following Through on Commitments*

**Citizenship**—*Showing Loyalty to the Rights of Others*

**Life-Long Learner**—*Enhancing Learning Skills*

**Self-Confidence**—*Trusting in Your Own Abilities*

**Respect**—*Showing Honor or Esteem*

**Trustworthiness**—*Being Honest*

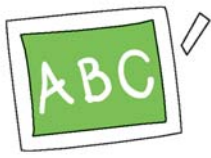




# "I Care" Positive Parenting Workbooks

- Built on twelve universally recognized pillars of good character with spiraling grade-level character traits to build one behavior on another
- Includes the primary behaviors that define each character trait for the repetition that enables transfer of learning
- Includes parenting/mentoring, enrichment, reinforcement, visual learning, and reflection activities
- Additional grade-level workbooks are available for the grades listed below

Month	Pillars of Character	Pre-K	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
January	<b>Goal-Setting</b>	Dream	Dream	Imagine	Hard Work	Persevere	Persist	Set Goals	Plan
February	<b>Self-Aware</b>	Recognize Feelings	Recognize Feelings	Sensitive	Humility	Consistency	Monitor Thinking	Integrity	Set Personal Standards
March	<b>Value Achievement</b>	Recognize Achievement	Recognize Achievement	Accomplishments	Accept Recognition	Dedication	Appreciation	Productive Thinking	Push Limits of Abilities
April	<b>Value Others</b>	Unique Qualities	Unique Qualities	Make Friends	Value Differences	Hospitable	Forgiveness	Loyalty	Tolerance
May	<b>Self-Control</b>	Self-Control	Self-Control	Self-Discipline	Cautious	Punctual	Endurance	Control Impulses	Respond to Feedback
June	<b>Caring</b>	Caring	Caring	Respect	Compassion	Gentle	Generous	Sympathetic	Dependability
July	<b>Responsible</b>	Responsible	Responsible	Follow Procedures	Dependable	Prudence	Thorough	Accuracy	Willing to Accept Blame
August	<b>Citizenship</b>	Positive Attitude Toward School	Positive Attitude Toward School	School Pride	Oversee Environment	Understand Consequences	Thriftiness	Cooperation	Stands for Right
September	<b>Life-Long Learner</b>	Read	Read	Discover	Listen	Alertness	Creative	Find Facts	Express Feelings
October	<b>Self-Confidence</b>	Self-Confidence	Self-Confidence	Self-Reliance	Optimism	Courage	Joyful	Problem Solving	Right Choices
November	<b>Respect</b>	Courteous	Courteous	Polite	Fairness	Patience	Honor	Open-Minded	Positive Attitude
December	<b>Trustworthy</b>	Honest	Honest	Sincere	Loyalty	Truthful	Reliable	Self-Knowledge	Virtuous



# A Proven Educational Method

*“I Care” follows best strategies of the teaching and learning process described below and has been professionally developed using relevant research.*

## Advanced Organizers

The *Message to Parents* is provided for introducing the month’s character trait.

## Three Essential Learning Conditions

These have been identified by cognitive psychologists and embedded into the workbook: reception, availability, and activation.

1. Reception—Advanced organizers focus the child’s attention on specific activities.
2. Availability—Parents can take advantage of the “teachable moments” and insert parenting activities into the home schedule at any time.
3. Activation—When parents role model the character traits and ask questions such as those provided in the preplanned activities, they are activating the child’s cognitive assimilation of the trait.

## Repetition, Repetition, Repetition

Long-term memory is enhanced by the number of times a child mentally manipulates a trait. “I Care” provides varied repetitions of each character trait over an extended period of time. Learning theory tells us that it generally takes 21 days of practice before a new habit is acquired.

## Use of Questioning Strategies

Most of the “I Care” Activities are written in the form of open-ended questions.

## Connected to Real Life

Children are able to respond to activity questions (passive activity) utilizing their own experiences, and when activities involve doing something (active activity), children carry out the activity within a familiar environment that is part of their daily lives.

## Substantive Conversation

Research shows that a child must talk about an idea or trait using his or her own words, ask questions about it, and look at it from multiple points of view for it to be assimilated to the point that the trait transfers into automatic behavior response. The “I Care” Workbook has built-in opportunities for all these kinds of conversations.





# "I Care" Positive Parenting Pledge

## I Pledge To:

*Teach My Child to Dream*

*Teach My Child to Understand and Recognize Feelings*

*Teach My Child to Recognize Achievement*

*Help My Child to Be Aware of Unique Qualities*

*Teach My Child Self-Control*

*Teach My Child to Be Caring*

*Encourage My Child to Be Responsible*

*Help My Child Develop a Positive Attitude Toward School*

*Encourage My Child to Read*

*Teach My Child Self-Confidence*

*Teach My Child to Be Courteous*

*Teach My Child to Be Honest*



**Tear out this page and display the Parenting Pledge on the other side in a visible location.**

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## **“I Care” Positive Child’s Pledge**

### **I Pledge To:**

*Do My Best to Achieve in School*

*Read Daily for Information or Enjoyment*

*Have a Positive Attitude Toward School*

*Listen to My Parent’s Advice*

*Use Good Manners*

*Practice Common Courtesies*

*Limit My Television Watching*

*Be Responsible for My Actions*

*Stick With a Task Until It Is Finished*

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## Parenting Activities

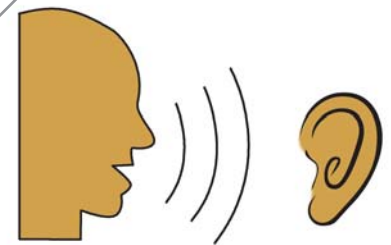
### Message to Parents

*Teaching your child to make good choices about what to do and what not to do is not always easy. Provide your child with multiple opportunities to set and achieve goals. This will enable him to experience both success and failure.*

### 1. COMMUNICATION

#### *What Is Responsibility?*

Talk with your child about responsibility. Discuss the various responsibilities your child has at home and at school. Ask your child what happens when people don't follow through with their responsibilities. Example: what would happen if you didn't complete one of your daily family maintenance jobs, such as preparing meals or going to work to support the family?



### 2. ROLE PLAYING

#### *Model It*

The best way to teach responsibility to children is to include them in your daily routine, let them watch you as you carry out your responsibilities, and take the time to let them help. This strengthens your relationship and teaches the spirit of responsibility.







## Responsibility

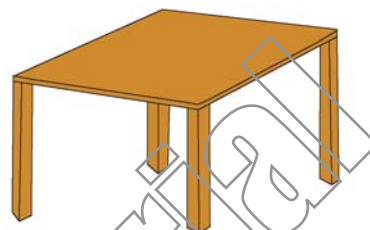
# Parenting Activities

## 3. TABLE TALK

### *Talk About It*

Discuss the following with your child:

- What problems did you have today in completing your work?
- What would it be like if \_\_\_\_\_ didn't follow through with his responsibilities? (Fill in the blank with examples to which your child can relate, such as firefighters, police officers, mail carriers, sanitation workers, etc.)



## 4. WRITING

### *One Person at a Time*

Talk with your child about some of the social issues we must all take responsibility for, such as water conservation, recycling, or picking up litter. Research the issue that interests your child the most through an internet search or at your local library. After reviewing the information, help your child create a list titled "Ways we can be responsible . . ." that can be posted at home or taken to school and shared with the class. Include specific tasks that children can do, such as making sure the water faucet is turned off and not taking long showers.





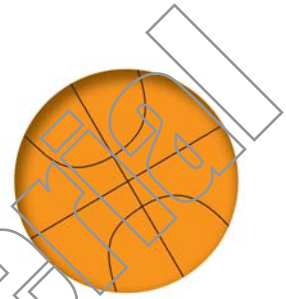
## Responsibility

# Parenting Activities

## 5. PHYSICAL

### *Practice Responsibility*

Assign specific responsibilities to your child, such as setting the table, feeding a pet, picking up his toys, or hanging up his clothes (chores that need to be done daily.) Refer to them as his responsibilities. Make sure they are carried out and praise your child for being responsible when he is finished.

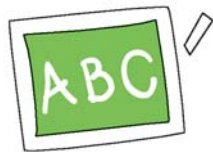


## 6. READING

### *Don't Give Up*

After reading *The Carrot Seed* by Ruth Krauss with your child, discuss how important it is to follow through on responsibilities even if we'd rather do something else. Ask questions such as: "Why do you think the little boy kept watering the seeds even when he didn't see anything growing?" or "What would have happened if the little boy had stopped watering the seeds?"





# Parenting Activities

## 7. COMMUNITY

### *Taking Responsibility*

Take your child to the bank with you and ask one of the customer service representatives to talk with your child about how people take responsibility for their money by saving it and keeping track of how much they have with a checkbook.



### **Successful Parenting Practices**

- Gauge the number of jobs for which your child is responsible by what he is capable of doing.
- Change the jobs so they don't get boring and so that your child keeps learning new things. Let him have some choice in which jobs he does and when he does them.

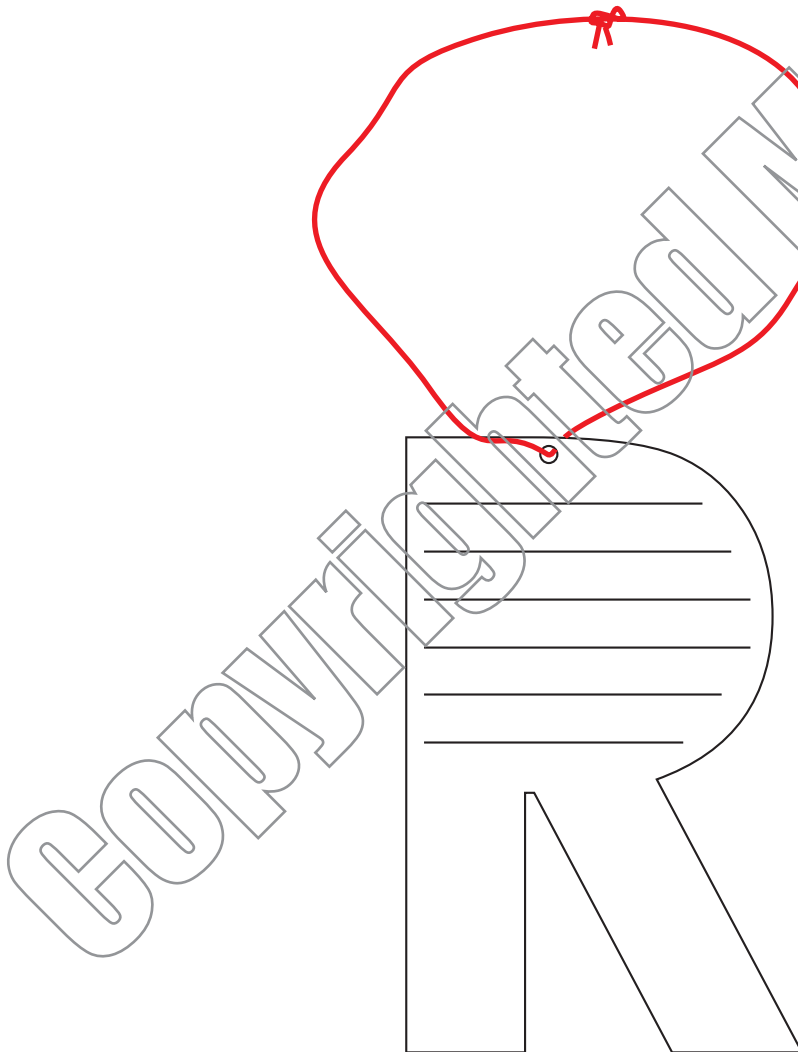


## Responsibility

# Enrichment Activity

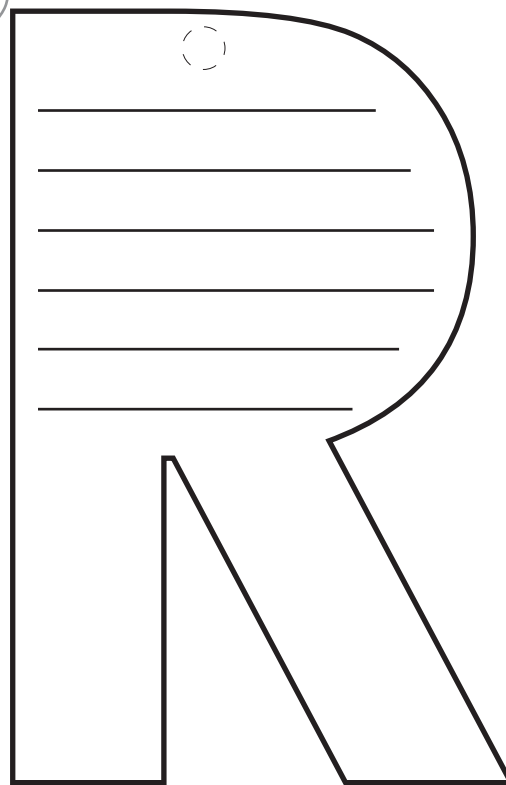
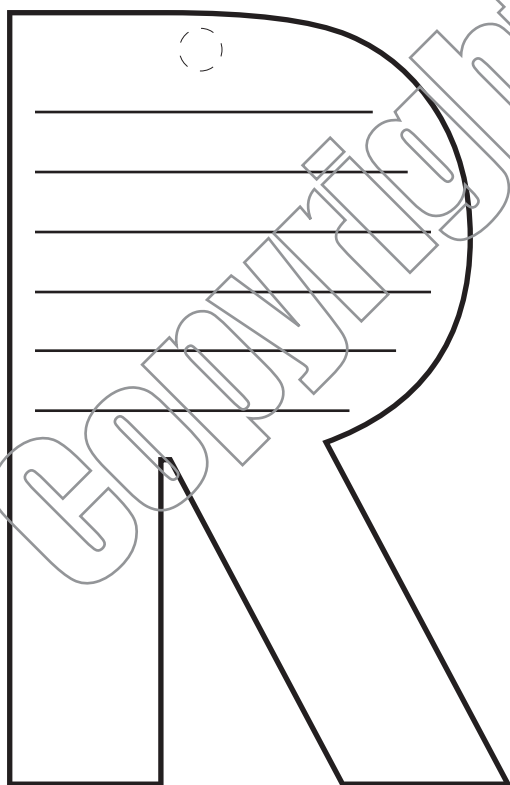
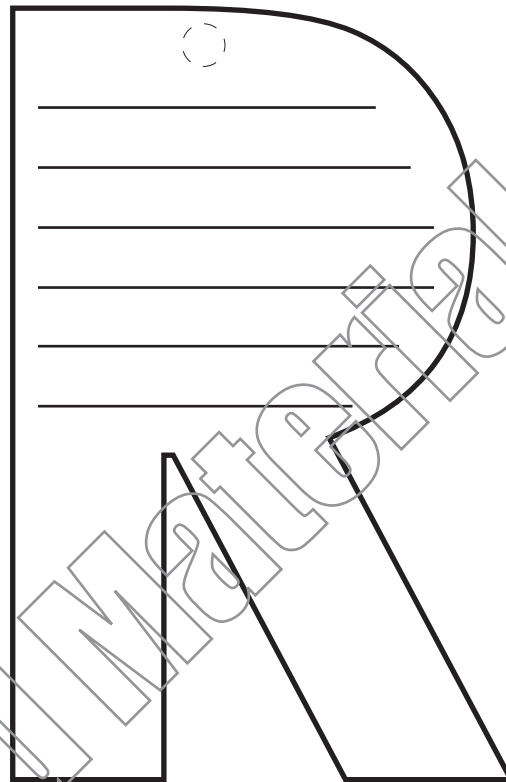
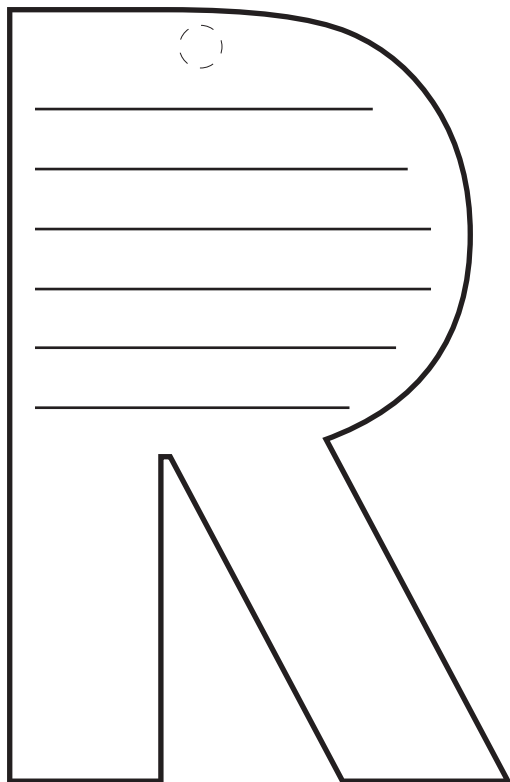
## Activity 1: Art-Reminder Bracelet

Create a reminder bracelet using the letter “R” on the next page. Punch a hole in the top and put a string or ribbon through the hole and tie it together, leaving enough length to hang the letter around your child’s wrist. When your child needs a reminder to follow through with his responsibilities, write the task on the bracelet and have him wear it until the task is completed. You can cut out the four “R’s” or trace one onto construction paper to create more Reminder Bracelets.





# Responsibility







Responsibility

# Enrichment Activity

## Activity 2: Project-Plan Ahead

Being responsible requires planning and follow-through. With your child, create a calendar. Fill in the month and dates of the calendar on the back of this page. After your child decorates the calendar, write important tasks and events. Focus on your child's activities, but include those of other family members as well. Review the calendar nightly to plan when and how the next day's activities will be carried out. Cross out each task after it is completed. Make this a time for praising a job well done or reviewing how it could be done better the next time.

Month \_\_\_\_\_ Year \_\_\_\_\_




*Responsibility*


Month \_\_\_\_\_

Year \_\_\_\_\_

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Responsibility

# Positive Message

## Activity 3: Visual Learning

Circle the things your child is responsible for below the positive message. Post the message in a visible location for your child to see it often during the month. At the end of the month, complete *Activity 4* on the other side of this sheet.

# I am responsible for my actions.

Saying Thank You

Obeying the Teacher

Cooking Meals

Cleaning Room

Putting Away Toys

Getting Along  
with Others

Doing Homework

Obeying Parents

Paying Bills

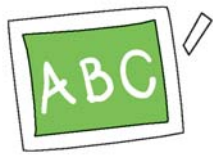
Brushing Teeth

Washing Clothes

Mowing the Lawn

Washing Hands

Driving a Car



## Responsibility

# Reinforcement Activity

## Activity 4: I Am Responsible When . . .

Record examples of when your child is responsible below and post in a visible location.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



Responsibility

# Reflection Activity

## Activity 5: Reflection Log

Summarize your child's positive interactions during the month and reward yourself for a job well done.

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Name of Parent(s) \_\_\_\_\_

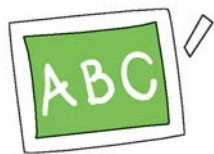
Record the number for each of the following questions in the box on the right.

A. How many of the workbook activities did you do with your child?

B. How many positive recognitions did your child receive from teachers, family members, friends, etc.?

C. How many positive recognitions did your child receive from you, the parent(s)?





*Responsibility*

D. Record five self-initiated positive activities you did with your child that were not in this month's workbook activities.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

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# Recommended Books

To order a set of books that corresponds to the Positive Parenting Activities in this Workbook, or to order additional Workbooks from the “Unleash the Greatness in Your Child” Series or “I Care” books (see following pages), fill out the order form below. Then, cut the form along the dotted line and tear out the card along the perforation. Send the card along with check, money order, or credit card information in an envelope and mail it to the address shown on the card. You can also place your order at [www.icarenow.com/parents.html](http://www.icarenow.com/parents.html), or e-mail the information requested on the card to [parents1@icarenow.com](mailto:parents1@icarenow.com).

## Kindergarten Book Pack \$64.95

- Ask Mr. Bear*
- Carrot Seed, The*
- Growing Vegetable Soup*
- I Feel Orange Today*
- Jamaica’s Find*
- Let’s Pretend*
- Muddle Cuddle*
- Murmel, Murmel, Murmel*
- My Dog Never Says Please*
- Runaway Bunny, The*
- Stephanie’s Ponytail*
- Where the Wild Things Are*



	\$64.95
Tax @ 7%	\$4.55
S & H @ 10%	\$6.50
<b>Total:</b>	<b>\$76.00</b>

	Quantity	Price	Total
Kindergarten Book Pack	1	\$64.95	
“Unleash the Greatness In Your Child” Workbook Series	1	\$19.95	
Indicate Grade Level			
<i>“I Care” Parental Involvement—Engaging Parents to Improve Student Performance Book</i> <input type="checkbox"/> English _____ <input type="checkbox"/> Spanish _____		\$14.95	
		Subtotal	
		Tax @ 7%	
		S & H @ \$5.00 or 10% (whichever is greater)	
		<b>Grand Total</b>	

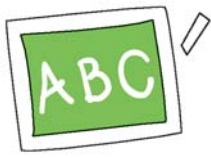
### Method of Payment:

- Check
- Money Order
- Credit Card

\_\_\_\_\_  
Name on Card

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiration Date

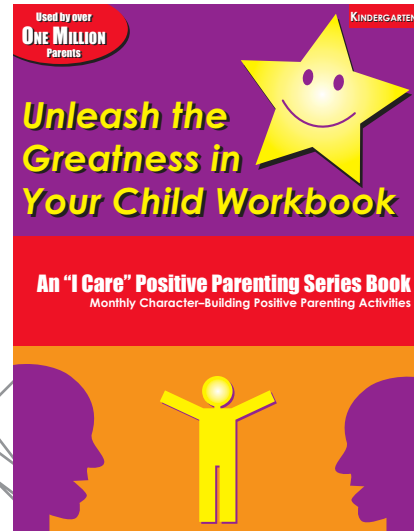


# Workbook Series

**“Unleash the Greatness in Your Child” Workbook Series**

**\$19.95/ea.**

<u>Workbook Grade Level</u>	<u>Available</u>
<i>Toddler</i>	<b>May 2006</b>
<i>Pre-Kindergarten</i>	<b>Now</b>
<i>Kindergarten</i>	<b>Now</b>
<i>1st Grade</i>	<b>Now</b>
<i>2nd Grade</i>	<b>Now</b>
<i>3rd Grade</i>	<b>May 2006</b>
<i>4th Grade</i>	<b>May 2006</b>
<i>5th Grade</i>	<b>May 2006</b>
<i>6th Grade</i>	<b>June 2006</b>
<i>7th Grade</i>	<b>August 2006</b>
<i>8th Grade</i>	<b>August 2006</b>
<i>9th Grade</i>	<b>August 2006</b>
<i>10th Grade</i>	<b>September 2006</b>
<i>11th Grade</i>	<b>September 2006</b>
<i>12th Grade</i>	<b>September 2006</b>



	\$19.95
Tax @ 7%	\$1.40
S & H @ \$5.00 or 10% (whichever is greater)	\$5.00
<b>Total:</b>	<b>\$26.35</b>

**Mail to:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State ZIP

\_\_\_\_\_  
Telephone (Optional)

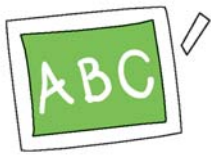
\_\_\_\_\_  
E-mail Address (Optional)

**“I Care” Parenting Manual**  
**P.O. Box 492**  
**906 Elmo Street**  
**Americus, GA 31709**



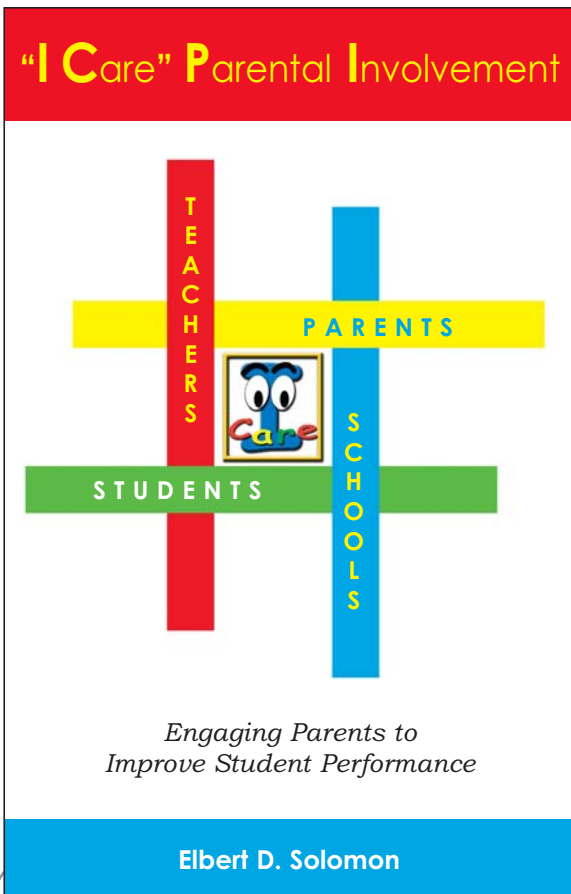
## 50 Ways Parents Can Say "I Care"

1. Post & Discuss Positive Messages
2. Attend Teacher/Parent Conferences
3. Take Family Portraits
4. Post Affirmation Pledges
5. Eat Meals Together
6. Post Daily Schedule
7. Assign Chores
8. Make Scrapbooks Together
9. Cook Meals Together
10. Award Certificates
11. Watch Movies Together
12. Visit Theme Parks
13. Volunteer at School
14. Read Books to Each Other
15. Attend Family Events
16. Give Parties for Special Occasions
17. Schedule Board Game Nights
18. Visit the Zoo
19. Help with a Class Project
20. Monitor TV Programs
21. Attend Parenting Workshops
22. Send Get Well Cards to Friends & Family
23. Lunch with Mom
24. Lunch with Dad
25. Encourage Hobbies
26. Attend Sport Events
27. Attend Local Theatre
28. Provide Enrichment Activities
29. Schedule Ice Cream Socials
30. Visit the Library
31. Go Shopping Together
32. Attend Friends' Events
33. Help with Homework
34. Post a Child Affirmation Pledge
35. Enroll Child in Book Club
36. Go Fishing Together
37. Go Skating Together
38. Encourage Creativity
39. Discuss Child's Day
40. Praise Good Efforts
41. Say *I Love You* Often
42. Write Notes to Recognize Achievement
43. Document Positive Activities
44. Talk About Positive Activities
45. Role Model Desired Behaviors
46. Support Extracurricular Activities
47. Schedule Family Nights
48. Attend Community Events
49. Help with School Projects
50. Set Limits



# "I Care" Parental Involvement Book

"I Care" Parental Involvement—Engaging Parents to Improve Student Performance, by Elbert D. Solomon, is full of research-based, field-tested implementation practices and measurement tools and introduces an innovative curricular approach to parental involvement that will delight parents, teachers, and students. More importantly, it will improve student performance, help parents to initiate more positive activities with their children at home, and enable educators to get beyond the difficulties of involving parents. Available in English and Spanish.



	\$14.95
Tax @ 7%	\$1.05
S & H @ \$5.00 or 10% (whichever is greater)	\$5.00

**Total: \$21.00**