



Ways to stay involved with your child

During the Winter months it's easy to get "cabin fever" since we spend more time indoors during bad weather. An easy fix for that may be to turn on the television instead of thinking of other ways to interact as a family. Below you will find activities to do with your child whether you are stuck inside or have a pleasant day to take advantage of the outdoors.

T.V. Free Activities

1. Go to the neighborhood library and look at different materials.
2. Have a family share-time where everyone talks about what they did throughout the day. Have the children emphasize their school experiences, as well as discuss any activities that may be coming up.
3. Take turns telling stories. Children love to make up and tell stories and they also love to hear stories about their parents' lives before the child was born.
4. Go to the neighborhood park or for a walk. It's a great time for the entire family to get exercise, and may also provide a great opportunity to have conversations in a relaxed setting.
5. Do a crossword puzzle with your child. This activity is beneficial in many ways, including giving the child opportunities to practice their spelling and vocabulary skills.
6. Set aside one night a week as "game" night. Play a favorite board game, use a deck of cards and encourage the child to invent a game that everyone can play.
7. Have the child help prepare meals. Children also enjoy making cookies and desserts, especially if they can help eat it!
8. If the child wants to watch a video, have them read the book first. After watching the movie, have them explain any differences between the two.
9. Go for a bike ride. Not only is this good exercise, but it also gives you the opportunity to make sure they ride safely. Remember to wear a helmet!
10. Look at old family photographs and tell the stories relating to them. This is a great opportunity to share family history.

Source: Arizona PIRC, a program of the Chandler Education Foundation

KYPIRC Mission Statement

Coordinating services, sharing information, identifying resources, fostering contact, and creating a network to support the interest and needs of parents and schools, and subsequently improved academic achievement.



*The sky's the limit
for student achievement when
parents are involved!*

KYPIRC February Parent Trainings

Western KY Regional Training

What a Parent Should Know About Accountability

February 25, 1:00—2:00 or 5:00—6:00
Christian County Middle School

North Central KY Regional Training

How to Support Your Child's Learning

February 23, 6:00 pm — 8:00 pm
Louisville Urban League

Eastern KY Regional Training

*Families with Special Needs Children
Support Group*

February 19, 10:00 am — 12:00 pm
Floyd County Public Library

Please visit our website:

www.kypirc.org

*for more February training dates and other
helpful info!*