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Community Youth!
Concepts

John R. Grubb YMCA

Children & Families
Urban Ministries

Employee & Family
Resources

Making Connections

PROVEN
PARENTING
PRACTICES

Good nutrition helps
kids learn

Physical activity helps
kids learn

Sleep helps kids learn

Routines at home help
kids learn

Learning at home
helps kids learn at
school

Setting limits with
love helps kids learn
at school

Community programs
help kids learn at
school

Dare to Excel: Good Routines

NOVEMBER 2010

DES MOINES COMMUNITY

How Routines Can Help Kids with Homework

Routines in the home help children feel safe and secure. Routines can build independence and trust for a child. Research has shown that routines can also lower impulsive behavior and help children develop self-control.

When starting new routines with your family, try to be flexible and patient through the process. You might be surprised at the result!

What can you do?

- Plan a homework time that your child can stick with even if they have activities such as sports.
- Designate a "homework place" with plenty of light and few distractions.



Routines in the home can be comforting to a child and give them a sense of security.



- Make some simple rules such as *no TV or cell phone* until at least part of their homework is done.
- Consider the time of day your child works the best and provide breaks.
- Not all kids learn in the same way; do what works best for your child and your family.
- Try to be available during homework time to help your child when they have questions.
- When your child is done with their homework, have them pack up everything in their bag so that they will be ready to go in the morning.

Resources and Information



Des Moines Library



Going to the library on a regular basis can be a great family routine to develop. The Des Moines library has six locations throughout Des Moines and offers free online help with homework. www.dmpl.org



Parenting online Parenting 24/7 is a "one-stop" source of news, information, and advice on parenting and family life. The site is designed for parents and grandparents of children from birth through the teens, it provides feature articles with research-based information, video clips of parents and experts, breaking news and commentary, newsletters, and recommendations for the best parenting resources on the web. <http://parenting247.org>



Family Directions of Iowa is offering a free workshop: "Parenting Teens—School Conflicts, Truancy, Communication and Support for Parents and Teens" on Saturday, November 13th at the Family Directions of Iowa office, 1211 Vine Street in West Des Moines. To Register, contact their office at 515-255-9490.

Easy Kid-Friendly Fall Recipes



Cooking can be a fun and enjoyable family experience.

APPLE LADYBUG TREATS



Ingredients

2 red apples
1/4 cup raisins
1 tbs peanut butter
8 thin pretzel sticks

Instructions

SLICE apple in half & place flat side down
DAB peanut butter on back
STICK raisins onto dabs for spots
STICK one end of each pretzel into a raisin & press other end into apple fronts

APPLE TURKEY POTPIE

Ingredients

1/4 cup chopped onion
1 Tbs butter or margarine
2 (10.75 oz) cans condensed cream of chicken soup, undiluted
3 cups cubed cooked turkey
1 large unpeeled tart apple, cubed
1/3 cup raisins
1 tsp lemon juice
1/4 tsp ground nutmeg
1 (9 inch) pie crust

Instructions

In a large saucepan, sauté onion in butter until tender
ADD soup, turkey, apple, raisins, lemon juice & nutmeg; mix well
SPOON into ungreased 11-in. X 7-in. baking dish
On a lightly floured surface, roll out pastry to fit top of dish
Place over filling; flute edges & cut slits in top
Bake at 425 degrees in preheated oven for 25-30 (until top is gold)

Why Are Mealtime Routines Important?

Mealtime is a good opportunity to build your kids' sense of belonging, feel closer to their family, and it can help with the way a family works together. Kids that eat with their family can gain positive feelings about themselves that can improve their overall mental health while they are at home or at school.

Here are some mealtime guidelines that you can try with your family:

- Choose a day and time. Make it a priority to have family meals one or two evenings a week. Write the time on your calendar and plan ahead.
- Think of fun questions ahead of time you can discuss as a family during the meal.
- Keep meals simple to prepare. Allow one night to be a "kid's choice" night!

Bedtime: A Time to be Calm and Relaxed

Bedtime is not always the most pleasant time of day with your kids, but it can become a time to build family relationships. **Making a bedtime routine can help kids fall asleep faster and be up less at night.**

Steps to starting a routine:

- Have clear guidelines on what your child needs to do before bed.
- Start your routine 30 minutes before you want your kids to go to sleep.
- Let them choose a book to read or a quiet activity.
- Limit TV and video games before bed.



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Mealtime can be a time to bond with your family.



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