

100 Ways to be a More Involved Parent

1. Join their school PTA
2. Get to know the parents of their friends
3. Volunteer in the classroom
4. Coach their sports team
5. Read to them each night
6. Help with homework
7. Cook with them daily
8. Talk to them after school
9. Get into their interests
10. Ask them questions
11. Plan weekly family nights
12. Take them to school daily
13. Pray with them
14. Homeschool
15. Have family meetings
16. Play toys with your little ones
17. Play with them at the park
18. Invent your own game together
19. Talk about memories
20. Keep communication with their teacher
21. Get involved in their clubs
22. Attend their important events
23. Take lots of photos
24. Listen when they talk
25. Teach them new skills
26. Celebrate their accomplishments
27. Be consistent with rules
28. Volunteer with them
29. Plan vacations with them
30. Take them on walks and hikes
31. Pay attention to what they say
32. Mommy/Daddy & Me Dates
33. Leave notes in their lunchbox
34. Eat meals as a family
35. Make meal time a time for conversation
36. Disconnect from electronics together
37. Get to know your child's moods/feelings
38. Be involved in their bedtime routines
39. Create rules and routines for your kids
40. Discuss your kids with your spouse/partner
41. Monitor what your kids watch on TV/Online
42. Put parental controls on electronics
43. Be aware of where your kids are at all times
44. Check papers/homework in their backpack daily
45. Examine your child's report cards/graded work
46. Set a good example for your kids always
47. Examine your child's report card and grades
48. Make your expectations clear
49. Be there for your kids after school
50. Plan crafts and activities for your kids
51. Get messy with them
52. Take risks with them (ride a rollercoaster)
53. Give lots of positive reinforcement
54. Set curfew for older kids
55. Watch for signs of bullying/stress
56. Be present at doctor appointments
57. Get a job at your child's school
58. Talk during car rides
59. Make traditions
60. Spend holidays together as a family
61. Tell them you love them often
62. Study what they are learning
63. Always be available to talk
64. Put trust into them
65. Keep a parenting journal
66. Model the importance of family
67. Join a local moms group
68. Organize a play group
69. Chaperone field trips and dances
70. Get to know families in your neighborhood
71. Take your kids to community events
72. Go camping together
73. Research new outdoor and indoor activities
74. Encourage your children to express their thoughts
75. Be a support system through life changes and hardships
76. Understand when your child makes mistakes
77. Embrace your child's changes
78. Help when your child asks for help
79. Share stories of your childhood
80. Relate to your child's mistakes
81. Stay in contact when you travel
82. Write them letters and cards
83. Plan a family game night
84. Have stress free family time on weekends
85. Have spur of the moment family days
86. Help little ones understand their feelings
87. Don't let unimportant things distract you from parenting
88. Show them how to be polite
89. Bond over shared interests
90. Discuss important decisions with kids
91. Keep a sense of humor
92. Praise kindness and compassion
93. Cheer them on when they work towards a goal
94. Set goals with your kids
95. Give them chances to be independent
96. Don't expect perfection
97. Wake up earlier to spend more time with your kids before work
98. Exercise together
99. Get help for your child when they need it *Medical, tutor, etc.
100. Talk to your child about hard subjects at the right time. (Example: Drugs and alcohol)