

## RESEARCH-BASED TIPS FOR HIGH-ACHIEVEMENT PARENTING

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1. Promote daily leisure reading at home.
2. Try to ensure that your child gets enough sleep not to be sleepy at school. Consult local experts about how much sleep a child needs at your child's age.
3. Make sure your child eats a nutritious breakfast.
4. Express warmth regularly. This means (for example):
  - a. Spend time together
  - b. Listen carefully to what your child has to say
  - c. Respond thoughtfully and sensitively to what they say
  - d. Hug your child
  - e. Tell them you are proud that they are good people
  - f. Tell them you are proud when they try to do their best
  - g. Tell them that you love them
  - h. Allow the child to help set rules, when appropriate
5. Balance warmth with structure and demandingness. This means have clear and firm rules about (for example):
  - a. Doing homework (and seeking help when needed)
  - b. Television watching (not too much)
  - c. Friends (children who respect your values)
  - d. Time to be home
  - e. Chores and responsibilities
  - f. Treatment of siblings
  - g. Respect for adults
  - h. Bedtime on school nights (early enough to avoid being sleepy in school)
6. Discuss reading materials with children in ways that encourage them to enjoy learning.
7. During bedtime reading, ask both easy and more difficult (but not stressful) questions about the story (the more difficult questions help with comprehension). Try to make it fun.
8. Have a variety of reading materials for children, especially materials that are related to your child's special interests. (For younger children, the variety is important because it is difficult to have thoughtful bedtime discussions over and over about the same story. There need to be new stories that raise new questions.)
9. Try constantly to reinforce the idea that learning can be enjoyable/fun/stimulating.
10. Don't overemphasize getting things correct; emphasize effort and comprehension instead.
11. Seek opportunities at home to discuss and apply what your child is learning at school. For example, having them help with cooking and recipes is a good way to reinforce elementary school math lessons (adding, multiplying, fractions, dividing). Discussion of current events in the newspaper may connect to what your child is doing in social studies. Ask teachers for ideas that you can use in connecting home life to school life.
12. Actively seek out-of-school time opportunities for:
  - a. Tutoring and reinforcing school lessons
  - b. Extra-curricular opportunities with freedom to explore and be creative
  - c. Extra-curricular opportunities to develop special talents

13. Know your child's close friends and try to know their parents.
14. When it seems necessary, be a role model and caring adult for your child's friends.
15. Encourage your child to think about his or her future and to set goals. Help your children develop the habit of planning for both near-term and longer-term goals.
16. Try to limit television watching by substituting other constructive and interesting activities.
17. Build up your child's sense of being a valued person. Avoid using negative nicknames such as "dummy" or "knucklehead" or "lazybones" or "good-for-nothing." Instead, use names like "sweetheart" or "honey" or "my bright boy" or "love of my life."
18. Try to end every reprimand with a positive statement that lets your child know you have separated your disappointment about their behavior from your pride about what a good person they really are.