

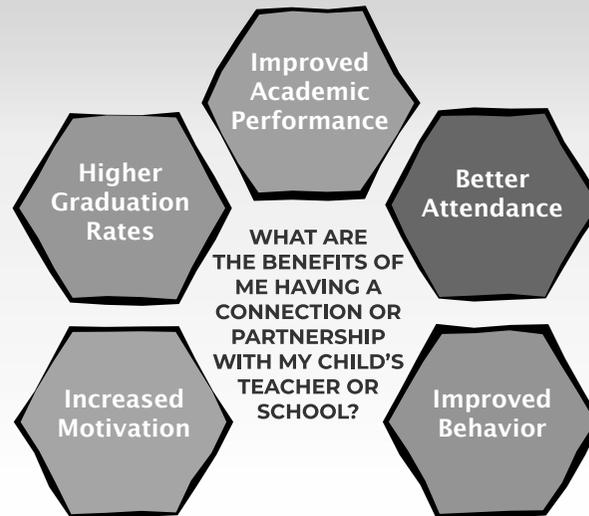
# PARENT-TO-PARENT TIPS

Tested ideas from families, for families.

- 1. Reach Out Early:** Don't be shy to email or call. Teachers want to hear what you're noticing at home—whether your child is excited, frustrated, or bored. We are the experts on our own children!
- 2. Use “Bridge” Phrases:** If a talk feels tough, try: “I noticed that...” or “Could you tell me more about...?” or “When is a good time to problem-solve this together?”
- 3. Share From Your Own Culture:** Our family traditions are strengths. Tell the teacher about your child's favorite stories, cultural activities, or how they learn best at home.
- 4. Bring Learning Home:** Ask what your child is learning and connect it to everyday life, like cooking, storytelling, or play.
- 5. Show Up When You Can:** Try to make it to open houses, family nights, or spend time at school. It's the best way to meet other parents and teachers. We're in this together.
- 6. Make Every Day Count:** It is so easy for kids to fall behind. Just getting my kids to school on time every day is the best way to keep their confidence up.
- 7. Stay in the Loop:** Download the school apps and make sure the office has your current number. It's the easiest way to stay “in the know.”
- 8. Stick to a Routine:** Whether it's a set homework time or 15 minutes to talk before bed, a daily rhythm helps our kids feel ready for the next day.
- 9. Jump In:** You don't need to be an expert to get involved. Just asking a question or chatting with another parent is a great way to start.

Every family has what it takes to help their child succeed. It doesn't matter how much money you make or how you felt about school yourself—your support is what counts. When we all get involved, every student gets an equal chance to reach their goals and open new doors for their future.

For more research  
[www.dualcapacity.org](http://www.dualcapacity.org)



SCHOOL CONTACT:

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## LET'S HELP OUR CHILDREN THRIVE THIS YEAR!

We believe that behind every successful student is a strong partnership between home and school. You are the expert on your child, and your guidance is the foundation of their growth. Studies show that when families and educators collaborate, students don't just “get by”, they do better and feel like they belong. By staying connected with us, you help your child improve their academic performance, build stronger social connections, and develop the confidence needed for life beyond high school. Let's work together to make this their best year.

## YOU ARE THE EXPERT OF YOUR OWN CHILD

You are your child's very first and most important teacher. You know them better than anyone. You know their talents, what they need help with, and what they dream of. When your family and the school team work together, you can combine what you know and the help you can give. Together, you can make sure your child is on the right track to reach their goals and dreams.



What helps your child to learn? What can you share with your child's teacher to support your child's learning?

## RELATIONSHIPS AND TRUST

Building a strong relationship with your child's school is one of the most important things you can do to help them succeed. While it might feel a little scary at first, remember that a healthy partnership between you and your child's teacher is the foundation for your child's success. It starts with mutual respect and working together as a team. Who do I already feel connected to or trust the most at the school? Can they be a connector or a guide?



What is one way your school could show that the school understands the values of your family and community?

## LINKING COMMUNITY AND CULTURE TO LEARNING

Your family's traditions, values, and stories are very important to how your child learns. Every family in Alaska has their own experiences and background. Your culture, the things your family believes in, and your community all help make you who you are. Your child's unique story is the foundation of their identity and growth. A feeling of belonging actually helps students get better at solving problems and using their higher-level thinking skills.



How can you create routines for learning, play, reflection, and rest at home?

## PARTNERING FOR LEARNING

Families that are involved in their child's education. Leads to better grades, attendance, and higher confidence for the student. Some of the most effective ways to support your child's success is just by understanding what they're learning in school, understanding their progress, creating routines and making it relevant at home. It can be as simple asking your child about their school day and creating a safe space to learn and play.



How can I help in bringing cultural values into my child's classroom?

## CONFIDENTLY NAVIGATING SCHOOLS

There are many powerful ways for families to help their children and their schools. Families can be a welcoming face in the school, influence decisions within the school, create interesting learning and play opportunities after school or work with other families to shape what learning and engagement can look like in the school.



How can you work with families and teachers to ensure your child and other students get what they need?

## REGULATING EMOTIONS

When families and schools use the same words and tools, you become a powerful team. This helps your child use the right tools at the right time. When things are difficult, students may need space, know how to calm, or know how to redirect their energy. These skills are some of the most important keys to a happy and successful life. They can even help your child handle very hard times, like stress, sadness, or a major change at work or within the family.



What do we do as a family to manage emotions at home that can help at school? What are they learning about managing emotions at school?