

TITLE 1 PARENT NEWSLETTER

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THREE FUN WAYS TO CELEBRATE YOUR CHILD'S ACHIEVEMENTS



There is no better motivator for a child than setting a goal and reaching it. But sometimes, a major accomplishment also calls for an extra special celebration.

Perhaps your child earned a higher grade in a class this grading period. Or maybe your child finally finished reading that book series. Whenever your child sets and reaches a challenging goal, try one of these fun ideas:

1. Capture the moment by taking a picture of your child reaching the goal—holding up a report card or a finished book series, for example. You could also ask your child to draw a picture of the accomplishment. Frame the picture and place it by your child's bed. When children regularly see images of themselves being successful, they will start to see themselves as achievers.
2. Plan a special surprise. On one side of a piece of paper, write down a goal your child wants to achieve. On the other side, write down a small reward—such as having a friend over for a sleepover. Roll up the paper, put it into a balloon, and then blow up the balloon. Once the goal is reached, have your child pop the balloon to reveal the reward.
3. Host a family victory dinner to celebrate your child's success. Set a “fancy” table and serve some of your child's favorite foods. During dinner, ask your child to say a few words about how great it feels to reach a goal.



TEACH YOUR CHILD THESE HEALTHY STRESS- MANAGEMENT TECHNIQUES

In a national survey conducted by Boys and Girls Clubs of America, 70% of youth rated their ability to cope with challenges as medium to very low. And 71% said that when something important goes wrong in their life, they can't stop worrying about it.

As student stress and anxiety continue to rise, it's important to share coping strategies with your child. Discuss these techniques:

- Deep breathing. When anxiety strikes, have your child breathe in through the nose and out through the mouth several times.
- Physical activity. Ride bikes, shoot baskets and visit the playground. Encourage your child to take up a sport or another active hobby. Suggest your child play outside with friends. They might play catch, kick a ball around or enjoy a game of hopscotch or tag.
- Spending time outdoors with the sights, sounds and scents of nature. Go for hikes, explore parks or camp out in the backyard.
- Creative pursuits. Drawing, writing, painting, singing or playing a musical instrument can all reduce stress.

Source: The State of Youth Mental Health, Boys and Girls Clubs of America.





DOING CHORES DEVELOPS YOUR ELEMENTARY SCHOOLER'S SKILLS

When children are active participants in taking care of their homes, they learn valuable skills and gain a sense of ownership.

Chores help children:

- Become “stakeholders.” When your child contributes to household care, it’s an investment in your home. This sense of ownership makes your child more careful and respectful of the shared space.
- Gain essential life skills. Each new chore you teach is a practical hands-on lesson, equipping your child with useful skills that build independence.
- Learn to be less self-centered. Kids understand that everyone in a family or group has a responsibility to the others. They don’t expect others to handle their responsibilities.
- Improve time management skills. Accomplishing homework, activities and chores teaches your child to budget time effectively.
- Develop self-discipline and persistence. Chores require children to stick with a task even when it’s not fun—which helps them develop a strong work ethic and the ability to push through challenges.
- Gain a sense of pride and competence. A completed task provides immediate gratification. If your child is responsible for the laundry, the stack of clean shirts is a visible and rewarding accomplishment.

HELP YOUR CHILD CREATE A SUMMER READING HABIT



Getting children to read in the summer can be tough when outdoor fun is calling. To keep your child reading, simply treat it like any other fun summer activity. Show your child that reading is enjoyable and can happen anywhere, anytime—without feeling like homework. If you help your child make the connection between reading and the simple pleasures of childhood, the desire to read may last a lifetime. To take a summer approach to reading:

- Suggest that your child reread a favorite book. Then, find another book by the same author. Or, find one on the same topic.
- Connect books with summer activities—sports books for a summer league player, for instance, or camping books for a camper.
- Let your child stay up past bedtime when a book is just too good to put down.
- Start your child on a series of mystery or thriller books. These page-turners hook kids into a reading habit.
- Encourage a change of venue. Read books at the beach or pool, in a tent or at the park.
- Watch movies, videos and plays based on children’s books. Then, read the books together and compare the versions.
- Share your favorite childhood books with your child.
- Encourage your child to retell or act out stories from books.

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