

# Parent Resources for your 8 - 10 year-old child



## Finances

1.  **$1/3 + 1/3 + 1/3$**  Whether your child receives an allowance, or earns a bit of money helping out, or gets some cash for a birthday, help them see the value of the money they have. Consider using  $1/3$  to spend,  $1/3$  to save and  $1/3$  to give to charity.
2. **Set a Savings Goal** When your child sets aside money to save, ask them what they want to save for, help them find out how much it costs, and sneak in some math as they figure out how long it might take them to meet their goal.
3. **Talk About It!** Parents are often reluctant to talk with their children about money – but talking about money gives your children a chance to learn, and to feel comfortable with financial matters. Let them know the kinds of things you're trying to juggle and how you decide what to spend on, and how to save.



## Health

1. **Healthy Snacks Make Healthy Kids!** Whether you make chicken kabobs with peanut sauce or baked sweet potato fries, there are plenty of healthy options that are quick, cheap and easy to make. Try something different today!
2. **Play, Play, Play** Kids are busy at school and busy with activities...but make sure your child has an opportunity to play like you did when you were a kid. Unstructured play is a great way to promote physical activity as well as creativity
3. **Dental Health** This is the time when your child's smile changes from each school picture to the next. Promoting good dental care is important as new adult teeth come in.



## Literacy

1. **From Chapter Books To Series** Reading at grade level sets a strong foundation for every child's future. Many young readers ages 8-10 begin to enjoy chapter books, and some find that book series are a fun way to build literacy skills while following characters through numerous adventures.
2. **Attendance Matters!** Make going to school a priority – your child has to be present to learn, and to build social networks with peers. Did you know that missing even a few days a month means your child is considered chronically absent?
3. **Go Ahead And Ask!** Young readers love to share – ask questions about the book your child is reading. Who are the characters, what are they doing and why? Ask open-ended questions and then step back and enjoy the excitement your child is experiencing.



## Science & Math

1. **Ready, Set, Cook!** Kids at this age can help in the kitchen and move beyond putting ingredients in a bowl and stirring. Let them help with actual measuring and the math that goes with it. How many teaspoons in a tablespoon again?
2. **At the Store** You can find lots of everyday opportunities to do math, and to help your child become a smart consumer. If cherries are on sale for \$2.99 a pound that's not the same thing as saying a bag of cherries is \$2.99!
3. **The Always-Popular Volcano** We've all seen this and many of us have done this ourselves: add vinegar to baking soda and watch the bubbles and foam. You can make this as simple, or as elaborate as you like!