

# SP<sup>3</sup> - Student Planning Pointers for Parents



## Conversation Starters

### Make Time for Healthy Habits – 8th Grade

You know your student the best, so the following talking points are simply a guideline to use in starting a conversation with your 8th grader about the importance of paying attention to one's overall physical and mental well-being.

- ▶ It is important to commit to being healthy to be successful in school. This means getting enough sleep and managing stress and anxiety.
- ▶ At your age, you are supposed to get 8 to 10 hours of sleep a night. This needs to be a priority over gaming or social media. Can we agree on a rule that you will not engage in these after \_\_\_\_ PM? Can we agree there will be a consequence if the rule isn't followed?
- ▶ The best way to manage stress is to balance your schedule and not procrastinate. Let's look over your schedule for the next two weeks to make sure you are not over-booked and discuss working in advance of deadlines.
- ▶ Everyone needs to vent when things get stressful. I am here to listen. Talk to me when you need to vent and tell me when you are feeling anxious.



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