

Pointers For Parents

Helping Children Find The Road To Success

(NAPSA)—There are activities you can do with children now that might help them succeed later in life. Simple things, ranging from regular trips to the library to conversations about school, can help them build self-esteem and empower them to be lifelong learners. Try these tips:

Follow The Leader

- According to the U.S. Department of Education, showing our children that we both value education and use it in our daily lives “provides them with powerful models and contributes greatly to their success in school.” Reinforce math skills by letting children watch you balance your checkbook. You can also read with your child at night. The key is to keep them involved with your activities.

Food For Thought

- Dinnertime is a good time to catch up with your kids. Talk about the day’s events, what happened in school and what they have planned for the rest of the week. Mix it up—have a picnic in the family room on the floor. When the weather is nice, have a family dinner on the patio.

Make It Fun

- Help your child pursue his or her interests by visiting the library for books on favorite topics. Or search the Internet for ways to encourage children to be creative. For instance, Arby’s and NASCAR driver Matt Kenseth recently hosted an essay contest at www.arbys.com for young par-



Encourage Their Interests—A love of writing earned two youngsters the NASCAR VIP treatment.

ticipants in Big Brothers Big Sisters (BBBS) of America, asking them to explain what drives them to succeed. The winners and their parents met Kenseth and watched him race from VIP seats at the Phoenix International Raceway. Arby’s is a longtime sponsor of BBBS, with over \$25 million in donations to the organization in the past 13 years.

Keep Moving

- Encourage your children to stay active and fit through games including tag, kickball and even dancing. Teach kids that staying healthy can be fun and that the more they move, the better they’ll feel. You may also want to sign them up for a fun class such as gymnastics. The lessons they learn could last a lifetime.