

A recipe for academic success

The purpose of this list is not to test anyone's "degree of good-parent-ness" but only to summarize the many good ideas that are scattered over a wide number of books and lectures.

SCHOOL SUPPORT

- Age-level class placement
- To school on time
- No vacations during school calendar
- Attend all parent-teacher conferences (both parents)
- Attend all class meetings (both parents)
- Keep student home when sick
- Writing before reading
- Positive comments about teachers in front of children
- Warm clothing for classroom and outdoors

The suggested points below include many that could be carefully phased out after the 12th birthday.

HOME ENVIRONMENT

- Parents make choices
- No intellectualizing
- "Feelings" discussions very limited
- Consistent daily and weekly rhythm
- Whole foods
- Experience mild/moderate childhood illnesses
- Reading to children (per curriculum)
- Bedtime ritual and prayer
- Sunny, loving gaze
- Reverence for Nature and living things
- Affirmations (e.g., "You are well rested," "You are strong")
- Lots of outdoor work and play

MAKE TIME FOR CHILDHOOD BY ELIMINATING...

- TV
- Videos
- Video games
- Computers
- Movies
- Rock music
- Headphones
- Awareness of violent or voyeuristic news events
- Organized team sports, soccer
- Ballet and dance lessons
- Martial arts
- Teenage clothing fads

Related article link:

What might be the results of a Waldorf-style home life?

According to a study published in the May 1, 1999, edition of the British medical journal, The Lancet, Waldorf/Steiner school pupils were "at a significantly lower risk of" a number of modern maladies, than children attending public schools.

This article is reprinted at <http://www.whale.to/vaccine/rb5103.pdf>