



# RAD: Right After Dinner



After dinner, children put away their dishes and practice math facts for five minutes.

## Why RAD?

- Attaching a new routine to something you do everyday makes it easier to develop the new routine.
- When parents are present, children practice with more effort.
- When children practice well every day, they make progress.

## Benefits of RAD

- Children master math facts and build a home practice routine.
- Children develop study skills, grit, perseverance, and confidence.
- Parents have a simple way to stay aware and involved.

## Parents make a difference.

### 1) Get the free app at [studysmart.com](http://studysmart.com)

You can also print flashcards and the one page guide for students, “No Mistakes” Practice. Provide feedback. See the attached page.

### 2) Encourage your children: Post on social media

Take a pic or short video of your child practicing. Post it on your social media page. This sends the message: *Math is important. We are paying attention. We are proud of you.* Friends and family can post encouraging comments that motivate children to keep practicing.

### 3) Celebrate

When your children remember to practice every day for a week, recognize their achievement. Serve their favorite dinner or dessert. Let them know you are proud of their dedication. Your children are building a home practice routine. This will help them succeed in school and in life for years to come.

Questions or suggestions, contact Mitch: [mitchellmarkteacher@gmail.com](mailto:mitchellmarkteacher@gmail.com) Text: 831-239-1167

