

# Tips for Parents

## How can parents help?

1. Study time is **at home**, quiz practice is for simulated competition and training in study technique, jumping style, testing what they know, working on technique, learning to anticipate (pre-jumping)
2. Reminders to study are OK **but don't nag**. It is often most effective to offer to ask them questions. **Help them set goals** for study time or material to cover each week. Be realistic since some days they will miss. **Help them build that in to their daily/weekly routine.** Self motivation is most important, external motivation is not likely to succeed very well. High levels of accomplishment generally do not come until a quizzier has a year or two under their belts.
3. Help your quizzier by asking them questions and helping them with memory work. Their answers should be as exact as possible. **Be tough, parents have a tendency to be too easy.** Take advice from your quizzier about how hard to be on this—they know (or they will shortly).
4. **Come to a quiz or attend practice a few times** so you can get an idea of the format, the question style, etc. so you can help out more effectively.
5. All the kids have other activities—so it is OK to miss competitions sometimes. If you are new, you should try to make the first one tournament so you understand it better. If you have sports, you will have to make choices.