



## Children's Monitoring Schedule

prepared by Dr. Jassim ALMuhanadi

### Studying Skills

1. Studying.
2. Completing assignments.
3. Exams.
4. Time management.
5. Study schedule.
6. Organizing notebooks.
7. Developing attention and memory.

### Religious Duties

1. Prayer.
2. Supplication.
3. Reading Quran.

### Chores at Home

1. Organizing the room.
2. Personal hygiene.
3. Buying household supplies.
4. Cleaning the house.

### Self Management

1. Commitment to home appointments.
2. Self-respect.
3. Exchange of opinions between parents.
4. Goal planning.
5. Developing self confidence.
6. Cultivating positive thinking.
7. Developing hobbies.
8. Controlling emotional reactions.

### Parental Responsibilities

#### 1. Role of Children:

- Respecting parents.
- Kissing parents' heads.
- Obeying parents' orders.

#### 2. Role of Parents:

- Developing emotional sensitivity.
- Spending time with children.
- Providing a safe environment.
- Organizing responsibilities among children.
- Fostering children's hobbies.
- Involving children in all decisions made by parents.