



## 10 Back to School Tips

The school year is almost here! It's important to start the school year on a positive note so consider using some of the tips provided below:

1. **If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine!** A week before the first day of school is a good time frame in which to begin. Your child or children may not be happy but it is important to be consistent so that a bed time routine is developed before school starts.
2. **Talk with your child about what to expect during an average school day—from lunches and naps to snacks and bathroom breaks.** Preparing your child for a new routine will help him cope with any anxiety he may be experiencing. Most schools offer the opportunity to meet the teacher ahead of time and see the class which can also help reduce stress and anxiety.
3. **Go shopping for school supplies together.** Have your child help you pack his school backpack the night before the first day of school, and place it near the door
4. **Plan and shop for healthy breakfasts and lunches a week in advance.** This will save you precious time and prevent much stress in the long run!
5. **Pack light**—a backpack should never weigh more than **10 to 20 percent** of the student's body weight.
6. **If your child is going to be riding the bus to school for the first time, be sure to talk about bus safety.** It's also a good time to reinforce general safety rules—whom he should and shouldn't talk to, and when he should and shouldn't get off the school bus (when you or a guardian is not there waiting to pick him up
7. **Save time on those busy school mornings by preparing your child's clothes a week ahead of time, already paired.** Place a pair of socks, underwear, a shirt, and matching bottoms together in the drawer so that your child can easily grab a stack and go.
8. **Support positive study habits early!** Create a homework center—a specific area in the house where your child can do homework each evening. Make sure that it's in a quiet place and stocked with enough supplies, such as pencils, erasers, paper, a folder or two, and a calculator.
9. **Keep encouraging literacy at home.** Read frequently with your kids and make frequent trips to your local library.
10. **Parent involvement in school is important through out school!** Talk to your child's teacher regularly about his educational and social development or, if your schedule permits, become an active participant in your school's PTO/PTA.