



From our September, 2014 Newsletter

20 Tips To Make The School Year A Success

At this point in the summer, many parents are shopping for back to school clothes, picking out supplies with their children, setting up car pools, getting bus schedules, and planning after school activities and therapies. But though kids often look forward to what a new school year brings, they may also be anxious about the changes and unknowns that can occur. They may vocalize concerns, or they may keep their fears inside.

Parents can help minimize your child's concerns about the start of school by what you do ahead of that first day. The single most important factor for a student to have a successful school year is preparedness. Parents can consider planning for a great year their own first homework assignment. To help you do that homework, here are 20 back to school tips for parents:

1. Begin prepping for the school year now!
2. If possible, make a classroom visit before school starts and meet with the teacher.
3. For older children, help your child find his or her locker and walk through what a daily room change will be. Don't forget to show kids of all ages the gym, lunch room and auditorium.
4. Get children into a school sleep schedule, with the same bedtime routine every night.
5. Establish a routine for bathing, breakfast, school lunch, after school snacks, etc.
6. Get yourself back into a school routine state of mind. Kids can sense any anxiety you have.
7. Realize it is normal for a child to be nervous about school.
8. Keep a positive perspective about school, and encourage your child.
9. Remind children that they will get to see friends again, and make new ones, too.
10. Realize that changes in teachers, classrooms and schools can be a big adjustment.

11. Read books or watch videos about going back to school. A good example for younger children is [Berenstain Bears Go to School video](#).
12. If your child has any special needs, let the teachers, including specials and school officials, know. Let the nurse know about any medications.
13. Notify teachers of any major life changes that have occurred recently.
14. Watch for stomachaches or headaches the first weeks of school. These may be signs of anxiety.
15. Build bridges to communicate with teachers through phone, email or communication books.
16. If you drive your child to school, use that as a positive, relationship building time with your child.
17. Help your child find the right bus stop, drop off area or meeting place.
18. Define a designated place in the home for school items, homework, backpack and shoes.
19. Develop a family calendar using a different color for each family member and displaying it where everyone can see.
20. Start a fun new school tradition, such as having a special breakfast the first day of school, or taking a yearly photo, or drawing a picture of the first day of school.

EXTRA HELP: We've got tons of additional Back to School Tips on our [website](#). Take advantage of the collected wisdom: [Back to School Tips \(Sept. 2013\)](#); [Back to School Tips \(Aug. 2011\)](#); [Keep Your Kids Healthy in School \(Aug. 2011\)](#); [Getting Ready for Middle School \(Aug. 2010\)](#).