

Tips for BACK TO SCHOOL Success



Structure and routines help your child arrive to school well-rested, nourished, and on-time

1. Set a consistent bedtime for your child and stick with it every night. Getting enough sleep is critical for kids to stay healthy and be successful in school.
 - Help your child adjust to earlier bedtimes a week or two before the new school year starts - this helps them ease into the new routine.
 - Have your child turn off electronic devices well before bedtime.
2. Provide a nutritious breakfast each morning - children have better concentration and more energy to do well at school. Our schools offer breakfast each morning - check out your school's web page for more information.
 - Send a healthy snack each day
 - Encourage your child to drink water
3. Review your before and after school plans with your child so they know what to expect.
 - Provide enough time in the morning to arrive on-time.

Talking about feelings helps your child feel acknowledged, supported, and valued

1. Encourage your child to express their feelings about going back to school. Acknowledge their fears, make them feel understood, and reassure them that it's perfectly normal to feel anxious about these changes.
 - Remind your child that teachers know that students may be nervous about the first day of school and will help them feel as comfortable as possible.
 - If your child seems nervous, ask them what they are worried about and help them problem-solve ways to handle the situation. Reach out to your teacher, school social worker, or building administrator if problems persist.
2. Help them to see the positive aspects of school starting. Thinking positively helps us to have good feelings about new situations.
 - Talk about how they will see old friends and meet new ones.
 - Encourage them to be kind and welcoming to new students.
 - Remind them that the new year will be a chance to learn new things.

Build good homework and study habits

1. Help your child organize their homework, if needed. Checklists, timers, and parental supervision are helpful strategies.
2. Create an environment that is homework-friendly starting at a young age. Children need a consistent workspace that is quiet and free from distractions.
3. Establish a household rule that the TV and other electronic distractions stay off during homework time.
4. Supervise and monitor computer, gaming, and internet use, and set limits and boundaries, if needed.