

## Parent Tips: Setting Up an Easy Transition Back to School

- **Hold a family meeting.** Communicate with your child about your expectations for the coming school year. Talk about before and after school routines. Be sure to talk about plans for completing homework.
- Reestablish bedtime and mealtime **routines**. It is easy to get out of sync over the summer. Your child will respond to the start of school if routines are introduced and practiced. This sets and communicates expectations.
- Establish **one family calendar**. One calendar for all events helps families keep everything straight. Fill in events as they are scheduled and keep the calendar in clear view for the entire family. Look over the week's schedule with your child to lessen anxiety and to make sure you are all prepared for the week.
- **Define a launch pad or landing area.** Create a space at home designated for everything that needs to go to school such as shoes, lunchboxes, backpacks, jackets, mittens, PE uniforms, etc. Reduce morning stress.
- Set up simple **organizing systems**. Designate bins or files in a filing cabinet for all of the school papers as they come into your home.
- Establish a comfortable, **quiet study area**. The chosen place can be anywhere as long as it is free from distractions with good lighting to perform homework or study nightly. Have a box of supplies available.
- Write down **need-to-know information**. Provide your child with a list of the details that he/she needs to know such as bus number, homeroom number, or locker combination. It can provide comfort.
- **Talk about feelings.** Ask your child how he/she feels about the new school year and let him/her know how you can help.
- **Communicate confidence and good feelings about school.** As a parent, it is easy to feel sad or anxious about your child starting back at school, especially on that first day when leaving you. Keep your emotions in check so as not to spoil your child's enthusiasm.
- **Celebrate the beginning of school!** Start a tradition. Celebrate the start of school with a special breakfast, dinner at a favorite restaurant, or an early evening walk so your child can tell you all about new friends, classmates, and activities.

