



## Back-to-School Tips for Families

It's back-to-school time. Are you wondering how to prepare for the new school year? Here's a guide full of tips designed to bring organization to an overwhelming and chaotic time.



- Establish a routine and discuss it with your child. What are your concerns with the morning schedule? Do you expect your child to complete homework right after school or later in the evening? How will extracurricular activities affect school days?
- Use a family calendar to keep track of assignments and events.
- Set bedtimes that are age appropriate and stick to them.
- Discuss safety, both physical and online rules and precautions.
- Prepare for any medical issues with proper documentation, such as forms that allow school nurses to administer medications and sports physicals.
- Make mornings easier by preparing lunches, organizing backpacks, and choosing clothes the night before.
- Make a homework plan. Find a place where your child can focus. Keep necessary supplies on hand. Ask questions and review completed assignments.
- Model work behaviors by doing your chores or reading while your child works.
- Encourage independence with schoolwork. It's okay for your child to ask questions, but don't do the work yourself.

- Create online access for parents that connect to your student's school accounts. Reach out to your child's school if you need assistance.
- Find out the guidelines for snacks and drinks in your child's school and classroom, and respect those rules.
- Learn and follow the phone policy and dress code. Ask about possible clothing and shoe requirements for PE or gym classes.
- Do you know the arrival and departure procedures, times, and locations?
- Discuss after-school plans, such as riding the bus. Will your student come home or participate in an after-school program?
- Encourage practice for fun. Read with your child. Play games that involve math together.
- Establish communication with the teachers. Let them know you want to partner with them in your child's education but understand that replies to messages may not come until teachers have breaks or even after the school day is over.
- Join parent groups and look for volunteer opportunities.
- Celebrate the first day of school with an ice cream cone or a walk in the park.
- Remind your child that it's going to be a great year! Keep up the encouragement and support during the moments of success and strife.