



A monthly publication provided by your child's school in recognition of your role as a partner in education.

Resources for Families

Summer 2010

Reducing back-to-school stress

Parents often wait to the last minute to get everything in order for a new school year, but it need not be that way. Here are a few tips to squash back-to-school stress.

- Grab an extra school-supplies list. These are available at schools. Hold off buying any questionable item until after you've talked to the teacher.
- Ask for the teacher's e-mail address and a contact phone number. These come in handy in case you have a question about school or supplies needed.
- At least five days before school, take a trial run on getting up early. This will help solidify the new schedule and will help prevent cranky kids.
- Practice bus routes and bus-stop etiquette. If your children are riding the bus, walk with them to the bus stop and describe what type of behavior the school expects of them at the bus stop and on the bus. Plan to stay with your children until the bus arrives or share this duty with other parents whose children gather at the same bus stop.
- If you take your children to school for early-arrival programs or if they stay in after school programs, make sure you meet the directors of these programs and ask for written rules. Go over the rules carefully so you know exactly what to expect: arrival time, meals or snacks served, activities, and exception to rules.
- If you are planning to change your school routine, have a family meeting at least one week before school. This is the perfect time to implement a new school plan. For example, new homework rules, activities, as well as when and what to eat before and after school.
- Make sure you get a student handbook. Read it, and share the information with your children so they understand their schools' rules.
- Make plans for a tutor right away if you know your children will need extra help. Ask teachers for recommendations. Don't wait until a child is struggling.
- Get your car-pool team together well before school starts.
- Buy a family planner that you can use to keep everybody organized.
- Get all immunizations caught up. Call your local health clinic for a copy of the current immunization list if you do not have one.