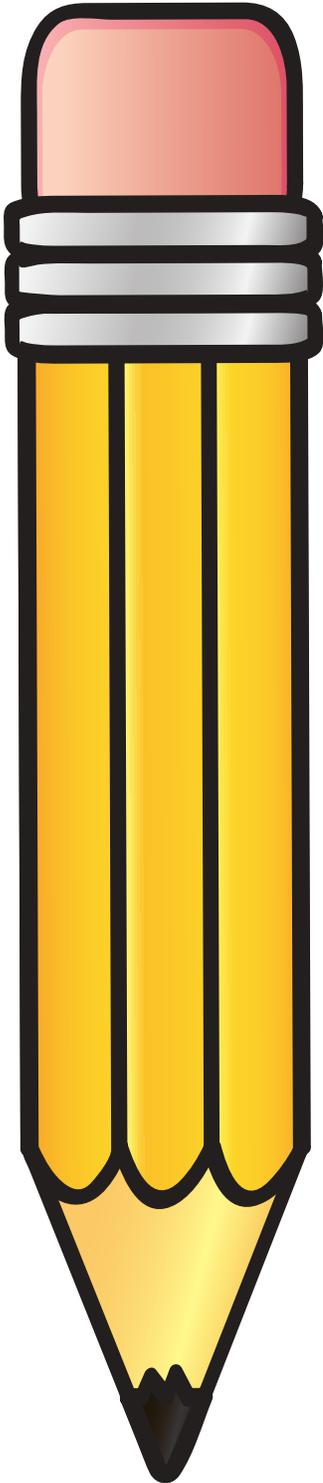


BACK TO SCHOOL

HOW TO THRIVE AND NOT JUST SURVIVE



Create a routine

Establish a routine with your child. A regular bedtime, homework time, and wake-up time help to keep things consistent for your child. Children also need their sleep to be healthy, happy, and able to function well at school.

Mealtime

Use mealtime for more than just healthy eating. Family dinnertime together at the table provides an excellent opportunity to discuss how your child's day went. Listen to their daily successes and challenges. Learn about their teachers and the friends they spend time with throughout the day. Keep the lines of communication open. In the morning, try to start your child's day off with a nutritious breakfast. Even a quick and easy yogurt and a piece of fruit will start their day off on the right foot and give them the energy they'll need to work hard at school through the morning without a hungry tummy.

Reading together

Read with your child! I highly encourage parents to read with their child every day. Time spent reading with your child is priceless, quality, together time coupled with the countless benefits of reading. It is a win-win situation!

Positive Attitude

Stay positive when discussing school with your child. If you have a positive attitude about school and what your child is learning, your child will sense that. Be optimistic about the year ahead. If you talk about school with enthusiasm and a smile, your child is more likely to be enthusiastic about it!

Participation

Don't be a stranger. Meet your child's teacher. Make a commitment to work together with your child's teacher to make the upcoming year a successful one for your child. Be sure to communicate with your child's teacher regarding any concerns you may have or if you have one of your child's accomplishments to share. Attend after school events or volunteer in your child's classroom. When you participate in school-related activities, it shows your child the importance you place on being an integral part of his/her educational experience.

Most importantly

Love your children and let them know how much you care. Adjusting to a new school year can be challenging...new teachers, new expectations, new friends. Reassure your children that you love them, are there for them, and will help them through any difficulties that they face along the way.