



Parent's Corner



5 TIPS FOR A SMOOTHER BACK-TO-SCHOOL START

It's back-to-school time!

As parents, we see hours of shopping for clothes and supplies, packing lunches, starting homework and looking forward to—or dreading—special projects and reports.

But with all of the back-to-school tasks aside, do we also see this as a time of resuming last year's troubles—or as a fresh start?

Remember, this new school year can become the start of new patterns. This is what God wants for us. In Isaiah 43:19 He promises, “see, I am doing a new thing!” With this, He reassures us that we aren't doomed to repeat last year's struggles, but will help our families begin with patterns of hope, love and success.

As we look forward to a new school year, below are five tips that will help your family begin new patterns and start on the right foot.

Develop a good routine early.

Begin the week before school by waking your child earlier. But don't forget, children need 10-11 hours of sleep per night. Regarding meals, try to start eating on a back-to-school schedule. And don't forget to include high-protein items in your breakfasts, such as eggs, dairy, breakfast meats. For lunch, pack items that they'll eat!

Jumpstart the cognitive wheels.

Start reviewing math facts (addition, subtraction, multiplication and division tables). Also, visit the library and help your child look for fun, educational books that deal with future school subjects.

Get organized early.

Don't rush to pack the night before the 1st day of school. Instead, use this last week of summer to enjoy your child as you help gather supplies and mark notebooks and folders with the proper subjects. Last, prepare a quiet place for your child to do homework when it starts.

Stay on top of the new back-to-school schedule & HW routine.

Remember, it's easier to begin a good pattern the first couple of weeks than to correct bad habits during the school year.

Pray with your child each school day.

Do this either in the car or at the breakfast table. This is a perfect time to address your child's fears and concerns of going back to school—so talk with them about their feelings. They may be hesitant at first, but keep at it, because they'll be glad you did.

Quick Tips

- Develop a good routine early.
- Start your child on a back to school sleep schedule.
- Jumpstart the cognitive wheels.
- Get organized early.
- Prepare a quiet place for your child to complete homework when it starts.
- Stay on top of the new back-to-school schedule & HW routine.
- Pray with your child before they leave each day.
- Enjoy your child these last days of summer!

~Created by Grace Community School

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