

~~ *A MESSAGE FROM MRS. MILLER* ~~

**WAYS TO HELP YOUR CHILD ADJUST TO A NEW SCHOOL YEAR**

You may notice that the house becomes a little quiet during the first few weeks of school. This is only natural as everyone adjusts to the new routines of school. For some, it's exhausting to juggle new classrooms, friends, earlier bedtimes, and earlier wake-up calls. It is an exciting but intense time for children ~ new friends, new teachers, and new responsibilities can overwhelm even the most confident child. There are small things you can do to help your child adjust to the new school year.

- ❖ Make sure home **ROUTINES** are very regular. This provides children with a sense of security as they adjust to the new demands of school.
  - Establish a consistent and regular bedtime routine. Plenty of rest each night enables your child to begin her/his day rested, alert and ready to learn.
  - Routines such as reading together just before lights out will help your child master the new routines away from home much more quickly.
  - Help your child pack her/his lunch the evening before.
  - Have your child put everything s/he needs for school in a place to "grab n' go" in the morning.
  - Create a regular morning routine. You might make your bed while your child gets dressed. Then all could eat breakfast together.
  
- ❖ Organize that **BACKPACK**
  - Set up a quiet area, time, and ground rules for help with school projects, homework, and placing everything in the backpack the evening before for the next day.
  - Read any materials sent home about school rules and routines carefully, so you can help your child with new responsibilities and rules.
  
- ❖ Set up an area for doing **HOMEWORK**
  - Establish a regular time for your child to complete homework or study. Having a specific starting and ending time shows that it is a priority to you and is an integral part of your child's schedule.
  - A quiet place (no TV) with a desk or table and good lighting is needed.
  - Have ample supplies to do homework (pencils, paper, crayons, ruler, erasers, dictionary, etc.). This will eliminate wasted time looking for supplies.
  - Consider writing the time for homework for each day of the week on a calendar and displaying it where it can be seen.
  
- ❖ Foster **INDEPENDENCE**
  - Encourage children to dress themselves, make their beds, tie their shoes, clean up toys and electronic games, and place finished homework in the backpack. These opportunities help to develop a positive self-esteem.
  
- ❖ **TALK** with your child about her/his school day
  - Listen carefully. If your child sees that it is important to you and you take her/him seriously, s/he will take school seriously, also.
  - Acknowledge good efforts as well as successes.
  - Knowing you recognize your child's efforts will encourage her/him to keep trying. Help your child recognize why her/his efforts failed, and what it will take to succeed the next time.
  - Speak positively to your child about school and the teachers. Your attitude toward learning will send a powerful message to your child.
  
- ❖ Surprise your child with a **NOTE**
  - Write a short note to your child reminding her/him that you are thinking of her/him, and then hide it in a lunch bag or backpack. Your child will love finding a happy note from home as s/he is in the midst of adjusting to a new environment.