

# solutions

## BACK TO SCHOOL: BACK TO BASICS

Effective School Solutions welcomes you and your children back to school! We look forward to a successful partnership, as we work together to help your children achieve their academic, behavioral and emotional goals.

For most students, summer's end is met with some back-to-school jitters, and a pang of regret that vacation is over. A small percentage of children and adolescents, though, find the start of the academic year overwhelming. They may remember school as a place where they can't succeed, or where they feel badly about themselves, or where they constantly fall short of adult and peer expectations. Also, children who had a difficult time socially, or were teased or bullied last year, may be more fearful or reluctant to return to school than usual. Parents can set the stage for a smoother transition by getting back to "basics:"

### Good Health:

- Establish a reasonable bedtime routine and have them set an alarm clock every night.
- Stock up the kitchen with nutritious food and snacks.
- Schedule a family dinner at least three times a week.
- Schedule a physical, dental, and eye exam for the year.
- Monitor for eye, neck, and brain fatigue while studying. Encourage brief, restorative breaks from homework when necessary.
- Purchase a backpack with wide, padded shoulder straps and padded back and make sure it doesn't weigh more than 15% of your child's weight when packed.
- Encourage a daily exercise routine.

### Good Environment:

- Set limits on the use of TV and computers and maintain this practice throughout the school year by supervising their use.

- Create an environment that is conducive to doing homework: a consistent work space that is quiet, without distractions, and promotes study.
- Purchase checklists, timers, and adequate supplies, and provide parental supervision to help overcome homework problems. Lack of organization is a common deterrent to getting homework done.
- Be available to answer questions and offer assistance, but never do homework for them.
- If your child is having difficulty focusing on or completing homework, discuss this with your child's teachers and their ESS counselor.

### Good Communication:

- Emphasize the positive aspects of going to school: being with friends, learning a favorite subject, and participating in school activities.
- Talk with your child everyday about feelings, fears, dreams and accomplishments.
- Ask to meet your child's friends
- Find out where your child is after school and on weekends
- Recognize and praise even small accomplishments.
- Don't punish mistakes or lack of progress.
- Stay in touch with your child's teachers and ESS counselor at least weekly.

### Resources:

U.S. Department of Health and Human Services: National Institutes of Health publication no. tr 10-4678.

2004 National Association of School Psychologists

2014 American Academy of Pediatrics

National Association of School Psychologists — [www.nasponline.org](http://www.nasponline.org)

Parent Information Center — [www.parentinformationcenter.org](http://www.parentinformationcenter.org)

**PARENTS MATTER:** Teach your child respect, empathy, and conflict resolution: FIGHT FAIR