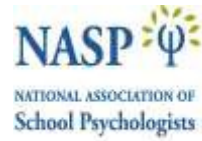




FROM YOUR SCHOOL PSYCHOLOGIST

Tips for the First Week of School A Handout for Parents*



Helping Children Thrive • In School • At Home • In Life

The Arizona school year begins when much of the country is still in the midst of summer break. It can be difficult to snap back into a routine after enjoying weeks of summer's slower pace. Children may worry about starting in a new classroom with a new teacher or they may be transitioning to a new school altogether. Here are a few suggestions to help your student during the first week of school.

Clear your own schedule. Postpone business trips, volunteer meetings, and extra projects so you are free to help your children acclimate to the school routine. Providing calming, reassuring messages to your children may help manage the stress many children experience at the start of a new school year.

Make lunches the night before school. This makes new morning routines easier on everyone. Also, older children will feel a sense of accomplishment if they help make lunch or even make their own.

Set alarm clocks. Have school-age children set their own alarm clocks. Praise them for paying attention to morning schedules and being ready for bus pickups.

Leave plenty of extra time. Make sure your children have plenty of time to get up, eat breakfast, and get to school.

Prepare for after school. Review the after-school routine with your children. Are they walking home from the bus stop? Meeting you at the car pick up line at school? Make sure they understand anything that is new or different from previous years.

Review your child's schoolbooks. Talk about what your child will be learning. Share your enthusiasm for the subjects and your confidence in your child's ability to master the content.

Reach out to your children's teachers. Be sure to attend school open houses or meet-the-teacher night. In the meantime, send in a brief note to let the teachers know you are interested in getting regular feedback on how and what your child is doing in school.

Familiarize yourself with other school professionals. Learn their roles and how to access their help if you need them. This can include school administrators and office personnel, school psychologist, school nurse, and guidance counselors.

* This handout is adapted from the National Association of School Psychologist's Back-to-School Transitions: Tips for Parents, available from the NASP Website: http://www.nasponline.org/resources/home_school/b2shandout.aspx