

# BACK TO SCHOOL TIPS for Parents

## Clothing Tips:

- *Ensure your child has clothes they can pull up and down independently when going to the restroom.*
- *Make sure your child has extra clothing at school in case there are bathroom accidents while at school. Many teachers request extra clothing but if your child's doesn't, you can place them in a large plastic zip bag in your child's backpack.*
- *Make clothing choices the night before so mornings are more peaceful and less rushed.*
- *Choose your child's shoes carefully. You want your child to be safe while running and playing outside so shoes with heels, wheels and backless shoes may not be appropriate.*
- *If your child is not potty trained, make sure they wear a pull up and bring extra clothes.*
- *Dress your child in clothes that they can easily manage.*

## Before School Starts / 1<sup>st</sup> Day Tips:

- *Start talking positively about school before school begins.*
- *Two weeks before school, read to your child, start a "fun" chapter book or longer Dr. Seuss book and get them to extend their "listening time."*
- *Ensure the contact information at your child's Pre-K site is accurate for you in case they need to get in touch with you. Update your contact information during the school year if there are changes.*
- *Take pictures of the teacher, classroom, school, etc. Talk to your child each day prior to the first day.*
- *Get together with other parents for breakfast after dropping your children off the first day. This will help you get through the transition.*
- *Make/read /discuss a book/books about school with your child before school starts.*
- *Practice going to school. Show your child the route to school and if your child will be part of a carpool, discuss this with them.*
- *Two weeks before school begins again, help your child get into the routine of going to bed earlier and getting up earlier.*

- *Make sure you attend the classroom's "Meet your Teacher" and/or Open House.*
- *Read books about going to school and if possible, take a tour of the building and meet the teachers before your child's first day.*

### *Ongoing Tips:*

- *Be sure your child has adequate outside time - limit TV & Video games.*
- *Tell your child in advance about any changes in routine. Example- Today, Grandma will pick you up after school.*
- *Use vocabulary in the car like, "I'm turning left" and "You are wearing green," etc.*
- *Even if you don't "love" your child's teacher or school never talk negatively about the teacher/school around your child. Remain positive in front of your child.*
- *Keep your goodbyes brief. The longer you linger, the more likely your child is to get upset or to continue to be upset.*
- *Give yourself plenty of time in the mornings for school.*
- *No need to walk your child to the class door daily.*
- *If your child is new child to the school or Pre-K site, - hug them and reassure them they will have a great day. Let them know you'll see them that afternoon.*
- *Don't hang around the classroom after taking your child on the first day. Drop off and go. Your child will be fine. Hanging around makes things harder.*
- *Establish routines such as consistent bed time and waking time at home.*
- *Being consistent with transportation routines helps ensure your child and his/her teachers know the way your child will get home on a daily basis. As much as possible start your child's "regular" transportation home on the first day of school.*
- *If the school menu has unfamiliar food try some of those dishes at home.*
- *Be positive and brief when dropping off your child.*
- *Establish a bedtime routine.*
- *Set everything (clothing, shoes, backpack, lunchbox, etc) out the night before so the morning is stress free and isn't rushed.*