

# Back to School

## Tips & ideas for Parents

### Supplies and Clothes

Pencils

Markers or crayons

Backpack

Sneakers

Sweater or sweatshirt

### Routine

- About a week before school starts, begin modifying bedtimes and wake times to align with the upcoming school schedule.
- Create a routine your family can follow every day, if possible. This includes time for snack, homework, dinner, play, and bedtime.
- Create a "launch pad" for your children. This is a space by the door where you keep backpacks, hats, etc. so things are smooth and easy in the morning.
- Pack backpacks (including homework!) the night before so that mornings are less hectic.

### Homework Tips

- Make sure you have a quiet space for children to do their homework.
- It helps if homework is done at the same time every day.
- Make sure you have pencils and erasers. Pens and markers are often useful, as well.
- Help student get into the habit of putting homework in the proper folder and putting it back their backpack right away!
- Check your child's backpack and folders for handouts and information for parents.

### Organize

- Fill out registration paperwork for school.
- Make sure your child has proper immunizations and take him or her to the doctor for a check-up.
- Call the school with any allergies or food restrictions.
- Mark important dates on the calendar, including open house, first day of schools, and holidays.