



## Greetings from the School Psychologist and School Counselor

Beginning this year, we will be including information for parents and guardians in the monthly newsletter. We will be addressing topics such as organization skills, homework, and parent conferences. We welcome your input and feedback. If you have suggestions for topics of interest to you, please let us know. Also, your feedback regarding each month's information is also welcome.

This month we want to discuss ways in which you can help your children develop a consistent home to school routine. Transitioning back to school after the long summer break can be a strain for both adults and children. Although children may resist the increased structure at first, establishing a consistent daily routine can reduce family stress and can also help your child develop important life long skills.

Including your child in taking responsibility for helping with maintaining the routine will help your child develop organizational skills that will help him/her manage more independently at school. Some tips that may help with establishing a routine include the following:

- Pick a consistent place, a 'base camp', at home where your children can put their backpacks, library books, sport bags, and anything else they need for school.
- Help your child take responsibility for emptying and repacking the backpack each day. For grades K-4, the purple take home folder will contain homework and messages/notices from the teacher and/or school.
- Establish a routine for doing homework by encouraging your child to do his/her work in a consistent spot that is quiet. When the homework is completed, have your child repack it in the backpack so everything is ready for the next morning.





- Prepare for the morning the night before. Double check that everything that needs to go to school is at the 'base camp'. Pick out clothes and prepare school lunch and/or snack, if possible.
- Establish a regular bedtime routine that prepares the child for going to bed at the same time each night. Reading with your child is a great way to settle down. Well-rested children are better able to cope with the morning and the demands of the school day.
- Allow extra time in the morning for the unexpected.
- Establish a regular time for getting up (use alarm clocks), showering, and eating breakfast.
- Create a checklist for after school, bedtime, and morning routines that your child can check off when each task is done.
- Avoid over scheduling your child with extracurricular activities and allow your child some 'down' time when he/she first arrives home.
- A daily/monthly home/school calendar with important dates and reminders can be put on the fridge or near the 'base camp'.

Keeping in mind that school is a child's 'work' can help all of us remember the challenges that school presents for children but also the importance that managing school routines and school work will help your child transition successfully to the 'real' world of work in the future.

