

## Tips for the School year

It's time to get ready for a new school year. Here are some tips that you and your child can do to help with the school year.

### 1. Establishing School Routines for a smooth Rise & Shine!

You can decide on bed time and wake up time together. It is a good idea to even use an alarm clock if you have one at your home. Enjoy activities when you have no school or it is the weekend.

- On Monday morning, The Toledo Zoo has free admission from 10 am to noon for families who live in Lucas County.
- The Library in your neighborhood opens at 9:00 am too! It would be great to make a trip to the Library and to see all of the other people doing the same. The Library is also open after school. To learn more visit your neighborhood Toledo Lucas County Public Library today!

### 2. Nurture Independence

Once the classroom door shuts, your child will need to manage a lot of things on his own.

- Let your child organize his/her school back pack and school supplies.
- It is also good to set aside a "reading time" allowing your child to plan this activity each day—a time when the TV is turned off. During the school year, this time is also good for homework and organizing school projects.
- Even things like, practicing writing his/her name and tying shoes build skills.

According to our sources, "the transition to school will be easier for everyone if your child can manage basic needs without relying on an adult."

### 3. Create a "Launch Pad"

Parents and teachers should do whatever they can to help a child become responsible. At home, you can designate a spot where school things are placed each day. Creating lists and notes might also help a child remember the items they need each day, like a backpack or lunch.

If your child isn't reading yet, these notes can be used for you as a parent to ask questions and to make the morning conversations go quickly.

### 4. Set up a Time and Place for Homework

Head off daily battles by making homework part of your child's everyday routine. Establish a time and a place for studying at home. As much as possible, parents should plan to be available during homework time. Many families use coffee tables, kitchen tables and nice areas where it is quiet and the work can take place.

### 5. Talk to the Teachers

Of course, teachers are the reason your child is in school. In our community we have some of the best teachers available. There are some simple things you will want to ask your child's teacher. They are:

- What is their approach to homework? Some teachers assign homework so kids can practice new skills while others focus on the accuracy of the assignments they turn in.
- Ask for the dates of tests and large assignments so you can help your child plan accordingly. For instance, if you know a big test is coming up on Friday morning, you will know to keep things simple on Thursday evening.
- Make sure they know that if your child is struggling with any school work that they can call you.

### 6. Make it a Family Affair

You and your child can plan for success in school. Create a "My Weekday Schedule" that you can work on together. For instance, sit down with your child to create a routine chart. Ask your child what he/she wants to do first when he/she first gets home from school: play outside or do homework? Answers go on the chart and together you create the school year plan!

There are many more tips that can help you get your child. The important thing is to make education part of your family time. When you do, your child will have a great school year, and you will be happy to see them grow.

**If you need additional help, please call Read for Literacy and speak with one of our Literacy Directors. Our office hours are Monday through Friday from 9:00 am to 4:00 pm. Our phone number is 419-242-7323. Thank you for reading with your children.**

#### REFERENCES:

1. WebMD Feature; By Joanne Barker; Reviewed By Hansa D. Bhargava, MD
2. Free Printable Behavior Chars.com; My Weekday Schedule
3. Baby Center; 15 tips for getting the kids out the door fast and to school on time by Amy Graff. [www.babycenter.com](http://www.babycenter.com)
4. Public School Review; 10 tips for Avoiding the Academic Summer Slide. By Grace Chen. [www.publicschoolreview.com/blog/10tips](http://www.publicschoolreview.com/blog/10tips)