

Back to School



Tips & Tricks

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GETTING YOUR CHILD BACK INTO SCHOOL MODE

- Set your kids' sleep schedules back to "School Time" two weeks before the first day.
- Refresh your rules about screen time for the school year. What's allowed and when?
- Establish a specific space like the family office as the official "homework area."
- Remove distractions like TVs and video game consoles from homework areas.
- Create an after-school schedule that allows time for snack, relaxation, play and study.
- Encourage your kids to lay out their school clothes the night before.
- Have your kids pack their school bags before they go to sleep that night.

BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles.
- If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may not fit in some lockers.

are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.

- If your children are young or are walking to a new school, walk with them the first week or until you are sure they know the route and can do it safely.
- Bright-colored clothing will make your child more visible to drivers.

"BUT, I DON'T WANT TO GET UP!"

- Make sure your kids (and you!) have an effective wake-up alarm that works for them.
- Set an alarm or notification 30 minutes before bedtime.

BULLYING

Bullying or cyberbullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, over the Internet, or through mobile devices like cell phones.

WHEN YOUR CHILD IS BULLIED

- Help your child learn how to respond by teaching your child how to:
 - Look the bully in the eye.
 - Stand tall and stay calm in a difficult situation.
 - Walk away.
- Teach your child how to say in a firm voice.
 - "I don't like what you are doing."
 - "Please do NOT talk to me like that."
 - "Why would you say that?"



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TIME FOR LUNCH

- Get your kids involved in creating and preparing their daily lunch menus.
- Make a week's worth of sandwiches on Sunday, wrap in tinfoil, and freeze. Thaw them the night before.

"I DON'T HAVE ANYTHING TO WEAR!"

- Let your child choose their clothes, shoes and other items they'll need.

"MOM, I MISSED THE BUS!"

- Have a backup transportation mode planned in case your kids miss the bus.

BIKE SAFETY

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright-colored clothing to increase visibility. White or light-colored clothing and reflective gear is especially important after dark.
- Know the "rules of the road."

WALKING TO SCHOOL

- Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children

- Teach your child when and how to ask a trusted adult for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.
- Monitor your child's social media or texting interactions so you can identify problems before they get out of hand.

WHEN YOUR CHILD IS THE BULLY

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

WHEN YOUR CHILD IS A BYSTANDER

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied
- Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

Tips from care.com and healthychildren.org

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