

- 1** Practice your morning routine a week or so before school starts. If your kids aren't on a regular sleep schedule, try adjusting bedtime and the morning alarm clock by a little bit every day.
- 2** Talk with your children about concerns or questions about the new school year. The first day of school can cause some children to be nervous or scared.
- 3** Create a morning checklist to help make sure your children remember what they need to do before leaving for school.
- 4** Teachers may not have time to meet with all parents as they are preparing for the new school year. Make sure you attend your school's Back to School Night and Parent Teacher Conferences. If you haven't received information about this event, please contact your school. Sign up for Parent Portal to get important information about your children's grades and attendance.
- 5** Talk about expectations for homework and playtime ahead of time. Establish a set time and place for your children to do homework on a daily basis.
- 6** Review any safety concerns. Make sure younger children know your name and telephone number. Go over bus safety and not talking to strangers. If your child has a +Pass ridership card, review using it.
- 7** Increase the amount of time you spend as a family learning together. Whether it's reading, a game night, or putting together puzzles, spending time together learning will help ease the transition into the school year.
- 8** Many schools schedule "meet and greet" events for families before school begins. Look for that information and be sure to sign up!
- 9** Go through a trial run a few days before the first day of school. If your children take the bus, drive the bus route and point out landmarks so your children feel more prepared. If your child has a +Pass, review how to use it.
- 10** Most of all, be excited about the first day back, and your children will become excited, too. Go to the library and check out books on the first day of school. Talk about all the exciting things they will do and learn, and ask your children to share what they are looking forward to doing.