

4 Back to School Tips



Summer is arguably the best time of the year. The days are longer, the weather is warm, and playtime is endless. That is why getting children back into school mode can be challenging for parents. Here are four ideas that might make the transition back-to-school a little easier:

Establish a routine

Set a regular sleep schedule to ensure your child gets enough rest for optimal focus and concentration during the day. School-aged children should be getting at least 10 hours of sleep per night, according to the Centers for Disease Control and Prevention. Also, establishing a morning routine that includes time for breakfast, packing up school bags and reviewing the day's schedule is also an important way to start the day.

Create a study area

According to the U.S. Department of Education, preparing a study area lets your child know education is a top priority in your family. Helping your child organize their study area and removing distractions will ensure that they have everything they need to be successful.

Engage and Participate

Encourage your child to actively engage in class by taking notes, asking questions, and participating in discussions. Engaging with the material will help your child understand and retain the information better.

Talk to the teachers

One last thing you could do as a parent is communicate with the school and teachers to let them know you will be involved at the school. If there is an open house to meet the teachers, attend it. It is important for parents to be active in their child's education.

Remember, starting a new school year can be exciting, but also challenging.

If you or your family need assistance, please reach out to the Aurora EAP at 800-236-3231 or visit www.aurora.org/eap

Resources:
www.cdc.gov/sleep/about/index About Sleep | Sleep | CDC
[Get in Gear for the New School Year: Back-to-School Tips for Parents](#) | U.S. Department of Education