

**SAFE** kids **HEALTHY** kids  
**HAPPY** kids

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Parent Help Line



## Back to School

Summer vacation has gone quickly. Talk of getting into a school routine is met with *back-to-school groans* from your children. Yet, parents are happy to no longer scramble to keep the kids busy and out of mischief. It will be a relief not to hear “I’m bored” from your little ones. Your commands to “Stop watching TV or playing computer games and do something useful” can end.

On the other hand, do you find that you too secretly dread the start of a new school year? Does the thought of getting your child to finish homework and complete school projects give you the jitters? How can you better deal with progress reports, report cards, and teachers?

Talk to your kids about back to school. Discuss teachers, friends, favorite subjects, and problems. Be positive. Help them plan what they can do to make the school year a success.

Some problems can be avoided or minimized. The first step is to simply keep in touch with your child’s teacher. Talking with teachers scares many



parents. They are not sure what to say. They worry that the teacher will take criticism personally. Perhaps they have had a bad experience that turned into a verbal boxing match.

Do not be discouraged. Do not be afraid. You can work with the teacher(s) to help your child succeed in school. Take these steps:

1. Introduce yourself to your child’s teacher within the first two weeks of school.
2. Maintain regular contact throughout the school year.
3. Never talk negatively about the teacher in front of your child.
4. Make a list of questions and concerns for phone or face-to-face conferences.
5. In a conference with the teacher, say at least one positive comment for every criticism.
6. Talk solutions, not problems.
7. Put things in writing.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.