

Make Back-to-School Fun and Easy

Kids are grabbing their backpacks and heading for school. They have a new teacher and new classmates. The school building and classroom could be new. A lot of kids feel nervous; some feel scared.

As the new school year begins, parents must juggle work, school days, lunches, clean school clothes, backpacks, after-school activities, dinner, homework and special school events. If parents and kids are not prepared, they may become frustrated and feel angry.

Parents can make life easier for themselves and their children.



School Supplies and Clothes

- Go to the store and get the *basic* school supplies. Most schools have a list of what your child will need. When you get home, put your child's name on everything.
- Buy a backpack that fits your child: small backpacks for small children, large backpacks for bigger kids.
- Make sure your child has comfortable clothes and shoes.

Note: Check out second hand stores and garage sales for clothes and backpacks.

Getting To School

- Discuss your plan for how your child will get to school and get home from school. Practice it. Ask her questions so you know she understands what to do. Then, have her tell you step-by-step.
- Find your child a neighborhood "buddy" with whom to walk or ride the bus. An older brother or sister could help if his or her schedule permits.
- Talk to your child about bus safety.

Beat the Back-To-School Blues

- Know where your child's classroom is. Show your child how to get to his classroom from where he will enter the school. Walk into the classroom with him if possible.
- Find out how your child feels about going to school. *Listen carefully.* Remind him that everyone is nervous on the first week.
- Be positive and act excited when talking about school. (Don't promise everything will be wonderful.)
- Try to find a classmate or a friend that will be in your child's class. If possible, get them together to play at home.
- Let your child take a favorite pencil or wear her favorite pair of jeans and shirt on the first week of school. (She does not have to wear new clothes the first day.)

Call the Parent Help Line. We listen. We can find you help.

1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.