



### Fond du Lac County

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## Get Children Ready for Back-To-School Routine

Getting the school year off to a good start is so important for your child's attitude, self-confidence and performance. Whether your child is attending a new school or returning to the same school for a new year, parents can help ease the transition.



Now is the time to start preparing younger children for school. Some suggestions to help with the transition are:

- Show your interest and enthusiasm about the new school year. If you are confident and excited, your child is more likely to feel this way.
- Be sure your child is in good physical and mental health. Schedule doctor and dental appointments before the school year starts.
- Re-establish a bedtime routine about a week before school starts. Children need to get a good night's rest in order to do well in school.
- Start talking about the upcoming school year and what to expect.
- Visit the school with your child to check out the classroom, playground, cafeteria and other facilities. It's important for children to feel comfortable in their surroundings.
- Buy school supplies early to get organized.
- Together with your child, arrange a place for homework and a comfortable spot to encourage reading.
- Post a calendar to mark important school dates for everyone to see; highlight the first day of school on the calendar.
- Share a positive attitude about learning. Your attitude and values play a big role in your child's education.

Now is the time to start working on that transition to school. A successful transition can set the groundwork for a successful school year.

Source: <http://web.extension.illinois.edu/state/NewsID=18474>

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