

**New Brunswick Association of School
Psychologists (NBASP)**



School Psychology Newsletter
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**TIPS FOR PARENTS IN PREPARING YOUR
CHILD FOR THE FIRST WEEK**

The transition from the slower pace of summer to the activity of September can be eased by preparation and planning. The following suggestions may be useful, as you and your child(ren) begin to make the adjustment to "back to school" routines.

1. Clear your own schedule. To help your child get used to the school routine and overcome any possible stressors, they may need more of your time and attention.
2. Re-establish the bedtime and mealtime routines, especially breakfast, at least a week before school starts.
3. Make lunches the night before school. You may choose to let them buy lunch

at school, if available. Older students can make their lunches the night before.

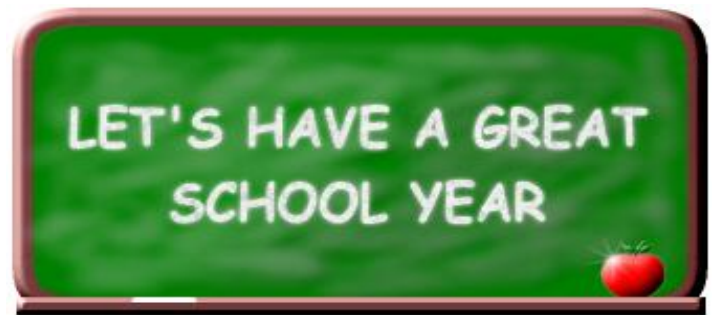
4. Set an alarm clock and praise your child for promptly responding to morning schedules. Allow for plenty of time for your child to get up, eat and go to school.
5. Review with your child an emergency plan should they arrive home after school and you are not there.
6. Encourage your child's learning by discussing and sharing your enthusiasm about what they will learn this school year.
7. Find out how your child's teacher likes to communicate with parents and express your interest in regular feedback.
8. Become familiar with school-based personnel and resources available to your child.
9. Review the material sent by the school as soon as it arrives. This may include information about your child's teacher, classroom, school supplies, sign-ups for activities, bus transportation and health and emergency forms.
10. Mark important dates on your calendar.
11. Buy school supplies early and fill your child's backpack well before school starts.

12. Designate a place for homework.
Allow older children to study in a quiet place. Younger children need adult monitoring.

It is hoped that these suggestions contribute to a positive start to the school year, which, in turn, contribute to a successful school year.

Reference:

Feinberg, T, Cowan, K.C. (2004) *Back -to- School Transitions: Tips for Parents*. National Association of School Psychologists. Bethesda, Maryland.



For more information on this topic, please feel free to contact a School Psychologist in your District or the New Brunswick Association of School Psychologists at NBASP.EXEC@gmail.com.