



How to Best Start a New School Year

KID'S CORNER

Tips for Helping Your Child Have a Successful School Year

- 1. Establish family routines which support school success.* Bedtime, morning routines, family meals, video limits, study time, and chores for the family are examples of routines which directly relate to school success. Find one or two routines which you want to carefully develop this year, so that these become consistent, calm routines for you and your children.
- 2. Make a personal connection with your child's teacher.* Take the time to arrange a short conversation by phone or in person. Share what you know about your child's special strengths and skills, and ask how you can support your child's learning at home.
- 3. On a regular basis, take time to notice and discuss what is going well in your child's life.* Give more energy and words to noticing good effort, behavior, and study habits, rather than constantly focusing on the problems or challenges in your child's life.
- 4. Model the importance of learning.* Yelling at your child to do his homework, while you park yourself in front of an entertainment device, is not be highly effective. Show your child that you are committed to continuing to learn in your own life.
- 5. Leave time for healthy play.* Children who get regular exercise do better in school, sleep better, and are nicer to be around. Find the time for nature, movement, and play.

Provided by Dr. Bob Sornson, Early Learning Foundation
To learn more about routines from Dr. Sornson, attend our Ready to Learn Workshop. Details at our website.

-Excerpt taken from our Fall Newsletter. You may download it at our website