

Back to School Tips

The beginning of a new school year can be exciting. New school supplies, new clothes and shoes, new teachers and classrooms can make school excited. However for many children, they can have anxiety and fears about starting a new school year. You can help calm your child's fears with these tips that come from PBS.

Meet the teacher – For kids, one the biggest fears is “Will I like my new teacher? Or Will he or she like me?” Attending meet the teacher night and visiting with the teacher before school begins can help ease the anxiety. Some teachers welcome emails and phone calls. You can visit your child's school website to find the teacher's website for emails. If personal contact isn't possible, then locating a picture of your child's teacher might be possible.

Tour the school. Familiarize your child with his or her environment. Even if your child is attending the same school, he or she may be in another area of the school that is unfamiliar. This will help ease nervousness the first day. With older children, you might have them to give you a tour of the school.

Connect with friends. A familiar friend can make all the difference when heading back to school. Try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school begins.

Buy school supplies. Get a list from your child's school of the school supplies they need. Having the right supplies will help him or her feel prepared. Keeping basic needs are important, but allowing for a few splurges such as a cool backpack or a favorite colored pencils. These simple pleasures will make going back to school more fun.

Also looking at the supply list can help get your child excited about what projects are ahead. Also allowing him to practice using supplies such as a protractor can help make them comfortable about the beginning of school.

Avoid last-minute drilling. When it is almost time to stop playing, give a five-minute warning. Giving clear messages to your child is important.

Talk about today's events and tomorrow's plans. While learning is important during the summer, don't spend the last couple of weeks of summer vacation reviewing school things. All kids need some down time before school begins.

Ease into the routine. Switching from a summer to a school routine can be stressful for everyone. Avoid first-day-of-school chaos by practicing your routine a few days in advance. Set the alarm clock, go through morning rituals, and get in the car to to the bus stop on time. Routines help kids feel comfortable and establishing a routine before school begins can make the first day go smoother.