

# Helping You, Help Your Kids

## Tips From Your School Psychologist

### TIPS FOR PARENTS SUMMER IDEAS AND BACK-TO-SCHOOL TRANSITIONS:

CONTENT DERIVED FROM THE NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS (NASP)

EVERY CHILD NEEDS A CHANCE TO START OFF THE SCHOOL YEAR ON THE RIGHT FOOT. SUCCESSFUL STARTS RESULT IN POSITIVE ATTITUDES, CONFIDENCE, AND HAVE BEEN CONNECTED TO ACADEMIC PROGRESS AND SOCIAL ACCEPTANCE.

FOLLOWING A SUMMER OF FUN IS DIFFICULT. NO MORE SWIMMING, BIKE RIDING, HANGING WITH FRIENDS. ADJUSTMENT CAN BE DIFFICULT. MANAGING THE TRANSITION – INCREASED PACE, CHANGE IN ROUTINE, LESS LEISURE/FREE TIME CAN BE ACCOMPLISHED.

HERE ARE SOME IDEAS AND RESOURCES THAT WILL MORE FULLY GUIDE YOUR EFFORTS TO HELP YOUR KID GET BACK-TO-SCHOOL WITH A POSITIVE START.

### SUMMER IDEAS

- REVAMP, BUT DON'T ELIMINATE, YOUR CHILD'S DAILY ROUTINE
- REVIEW SUMMER PLANS AND POST THE FAMILY'S SUMMER SCHEDULE
- ENCOURAGE SUMMERTIME LEARNING/LOOK FOR TEACHABLE MOMENTS/KEEP A JOURNAL  
(FOR MORE IDEAS GO TO [WWW.SCHWABLEARNING.ORG](http://WWW.SCHWABLEARNING.ORG))
- MAINTAIN WHAT'S BEEN LEARNED BY TAKING TRIPS TO LOCATIONS STUDIED , PLAYING COMPUTER OR BOARD GAMES.
- PLAN TRAVEL GAMES FOR THE ROAD  
(FOR MORE IDEAS GO TO [HTTP://SCHOOL.FAMILYEDUCATION.COM](http://SCHOOL.FAMILYEDUCATION.COM))

### BACK TO SCHOOL TRANSITION

- FIRST DAY REHEARSAL FOR SCHOOL
- PLAN AND PRACTICE MORNING, AFTER SCHOOL AND BEDTIME ROUTINES
- VISIT THE NEW SCHOOL

(FOR MORE IDEAS GO TO [HTTP://SCHOOL.FAMILYEDICATION.COM](http://SCHOOL.FAMILYEDICATION.COM) )

- GET YOUR PHYSICAL CHECKUPS DONE EARLY AND MAKE SURE THAT THE ANXIETIES OF RETURNING TO SCHOOL HAVE BEEN DISCUSSED OPENLY AND HONESTLY
- REVIEW ALL INFORMATION YOU RECEIVED FROM THE SCHOOL WITH YOUR SON OR DAUGHTER
- MARK YOUR CALENDAR FOR OPENING DAY AND MAKE IT VERY VISIBLE (REFRIGERATOR MAGNETS WORK WONDERS!)
- HAVE COPIES OF HEALTH AND EMERGENCY INFORMATION READILY AVAILABLE
- MAKE THE TRIP FOR CLOTHES AND SCHOOL SUPPLIES FUN AND HAPPEN SEVERAL WEEKS BEFORE SCHOOL STARTS(TAKE YOU KID FOR PIZZA AFTERWARDS – THEY’LL LOVE THAT)
- RE-ESTABLISH BEDTIME, MEALTIME, HOMEWORK TIME ROUTINES
- BEGIN TO LIMIT TV TIME
- VISIT THE SCHOOL WITH YOUR CHILD

FOR ADDITIONAL TIPS (E.G., WHAT TO DO DURING THE FIRST WEEK AND HELPING YOUR CHILD OVERCOME ANXIETY CONSULT THE ATTACHED NASP PUBLICATION – “BACK-TO SCHOOL TRANSITIONS: TIPS FOR PARENTS”)

ADDITIONAL RESOURCES INCLUDE [WWW.KIDSHEALTH.ORG](http://WWW.KIDSHEALTH.ORG) , [WWW.STARFALL.COM](http://WWW.STARFALL.COM)