

New School Year Tips

- **Talk to your child during this transition period** Every school year comes with new challenges and experiences. This is particularly true during major transitions, such as the school closures because of COVID-19. It is important to talk to your child about what to expect and what they are experiencing. Frequent and open communication is the best way to gauge how they are handling change. Remember to empathize with their feelings and be mindful that worrying or feeling overwhelmed may be completely normal experiences. After all, major transitions are difficult for people of all ages!
- **Talk regularly about school** Prepare your child early by regularly reminding them about going to school. Encourage them to talk about what they are feeling so that the reason for their anxiety will be addressed early on.



- **Prepare and eat packed lunch at home** This might seem like a small thing, but some children do worry about eating away from home. Show them what their packed lunch would look like so that they will get used to it before the term starts. This will help students refamiliarize themselves with the lunch routine.

- **Create a school schedule** Children need routines, but as soon as they start school their old routine will need to change. Write their new routine and discuss what they can look forward to.



- **Arrange a playdate** If you know other kids who will be in school with your child, arrange a playdate with them. It would mean a lot to your child to see a familiar face first thing in the morning when they arrive at new surroundings.
- **Do a dry run** Get your child ready for his or her first day at school by doing a dry run a couple of days before school starts. Wake him up early, prepare the packed lunch and let him dress in the school attire. It makes the concept of schooling become clearer.
- **Create a homework-friendly environment** Homework is an extension of school. A home environment that best mimics a school environment is ideal for helping your child concentrate at the end of the day. Provide a dedicated quiet place in your home where your child has a flat desk or table to sit at and study. This is preferred over their bed or a couch where they may feel too relaxed to remain alert and focused.



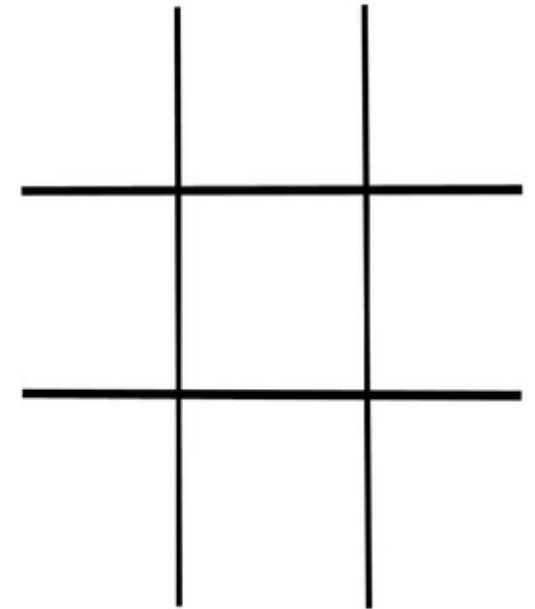
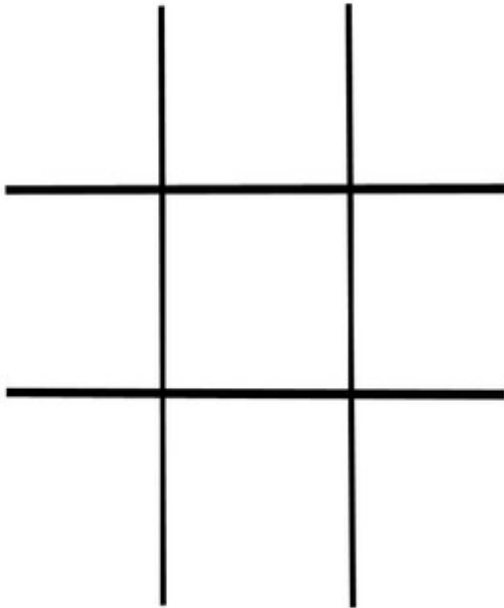
- **Don't forget the importance of sleep** Children and teenagers need 8 to 12 hours of sleep each night. The most realistic way to ensure your child gets enough sleep for school is to practice good sleep habits throughout the year. Preparing for a good night's sleep begins during the daytime. Make sure your kids avoid caffeinated beverages, including tea, dark sodas or coffee drinks. Lots of physical activity and limiting screen use throughout the day are keys to a good night's rest.

- **Make sure kids are up to date on medical care** Starting at the age of 3, it is recommended that every child undergo an annual physical exam. This allows your child's pediatrician to address any health problems and screen for potential future issues.

- **Guard against separation anxiety** It is possible to minimize the amount of anxiety your child feels by looking relaxed about her going to school. Experts recommend that parents should let their child know that they will be back after school.



BACK TO SCHOOL



N Y S T D F U L O H M E
 F P C E M X T Q E U P S
 W A L S H I B R V A G W
 O G S T U D Y L T K R A
 R Z D K N J O W D P T N
 K O C R E K S G L U E R
 T S F Y P D O R B Q A D
 E U V A N G E U Z M C E
 J D E Q K W C S E A H Y
 X M O H S I J V K T O L
 L I R N L Z A G B F X C
 B S A T E N P I W E J H



STUDY	TEST
LEARN	ANSWER
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DONE	GLUE



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