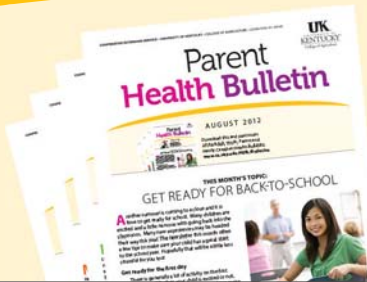


# Parent Health Bulletin



AUGUST 2012

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K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450

## THIS MONTH'S TOPIC:

# GET READY FOR BACK-TO-SCHOOL

**A**nother summer is coming to a close and it is time to get ready for school. Many children are excited and a little nervous with going back into the classroom. Many new experiences may be headed their way this year. The newsletter this month offers a few tips to make sure your child has a great start to the school year. Hopefully that will be a little less stressful for you too!

### Get ready for the first day

There is generally a lot of activity on the first day of school. Whether your child is excited or not, making sure that he or she is well prepared can make a big difference.

If you had received a list of school supplies, make sure to take advantage of the many sales this time of year. If you know your child will need something later in the year and it is on sale now, it may be best to purchase it now so you will not pay the increased price later. Once you have all of the supplies needed, go ahead and pack up the backpack. There is no



reason to wait until the morning of the first day to pack everything. In fact, you may want to sit down with your child as soon as all the supplies are purchased and have him pack up his bag. This can

**Continued on the back** →



# *If you know your child will need something later in the year and it is on sale now, it may be best to purchase it now.*

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also be a double check to make sure that everything that was on the list was purchased.

The night before school starts, you may want to encourage and assist your child in picking out her clothes. If you take the time the night before, it will save time in the morning. By setting the outfit aside at night it gives you an opportunity to see if any changes need to be made. It may even prevent a clothing battle.

If your child needs to bring lunch to school, packing lunch the night before is also a time saver. Your child can be involved in the lunch making process. You can give him a few choices which may encourage him child to eat the entire lunch, especially if you have a picky eater!

Get in the routine of doing things the night before. This can reduce your stress in the morning, especially if you have more than one child.

## The first day

Remind your child that the first day is not always like the rest of the school year. There are a lot of new situations for your child: new teacher, new classrooms, maybe a new bus route and new friends. The first day is often filled with instructions and an opportunity for teachers to set the ground rules of what to expect for the year. Encourage your child to share them with you after the first day so that you are aware as well. Parent-teacher conferences will also address some of the rules, but if you ask your child to tell you, it may help her to remember the rules.

*If your child needs to bring lunch to school, packing lunch the night before is a time saver.*

## Going to a new school

If your child is going to a new school there will certainly be adjustments that he or she will have



to make. She will have to learn the layout of the school and will likely meet lots of new people. If your child is transitioning to middle school, she may have lockers or be changing classes for the first time. Share with your child a story about when you were in school and let her know that all of those changes are normal. You may want to remind your child to write down any important information like a locker combination, or where her homeroom is.

### **A few other reminders will help your child and you get the school year off to a great start:**

- Get plenty of sleep
- Eat breakfast
- Try your best and work hard
- Have a positive outlook

It is important to start the school year off on the right foot. Being prepared for the first day can go a long way to help. Many wishes for a successful and stress free school year!

#### **SOURCE:**

Nemours KidsHealth Going Back to School. 2010. Accessed at: [http://kidshealth.org/kid/feeling/school/back\\_to\\_school.html](http://kidshealth.org/kid/feeling/school/back_to_school.html)

Parent  
**Health Bulletin**

**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com