

## Easing Back Into School

Back to School is an exciting (and sometimes nervous!) time for students and parents. A few tips might help you and your child get off on the right foot.

### Hello! My name is.....

Take advantage of opportunities to get to know your child's teacher and his classroom before the first day of school. If they're offered, attend the orientation meeting, the Open House, or the Welcome Back Picnic. Use those times to meet your child's classmates and families. It might also be helpful to set up a playdate with a child or two from your child's new class.

### Talk it up!

In the weeks before school starts, share your excitement about school with your child. Focus on the fun things he'll learn during the year, and all the different things he'll get to do, like go to P.E. class, music class, art class, and the library. If you're excited, your child will be too!

### Clear the decks

Clear away a special area in your house for your child's bookbag, lunchbox, and jacket. Establish a routine that puts your child in charge of clearing out and hanging up the backpack each day. This will make the morning rush a little less hectic.

### Read all about it

Be sure to review the papers from your child's backpack each day. Lots of schools use student backpacks and "take home folders" as ways of communicating with families. This is especially true during the first few weeks of school when lots of forms come home.

### Good Night, Moon

Now that your child is in school, she may feel too old for some of her childhood favorites, but find some quiet time at the end of each day to share a book or two. Take a few minutes to talk about her feelings and her day at school.

### Have a fun day today!

Small love notes tucked inside a lunchbox or bookbag can really bring a smile to your child's face. In addition to reinforcing reading skills, you're also modeling the power of writing.

For a full slate of back-to-school resources, visit:

**[www.readingrockets.org/calendar/backtoschool](http://www.readingrockets.org/calendar/backtoschool)**

