

Parenting Tips

Back to School Parenting Tips

Remember how stressful school can be. Show your child that you are interested in how their day went. Ask your child about the disappointments and highlights of their day, what they learned and what their favorite subject is. Asking these questions will lead to great discussions that will help you get to know your child and keep you up to date with what their school day is like.

Give your child some quiet time to have a snack and unwind from their busy day at school, with the stipulation that homework must be done before television.

Make homework accommodations in a private, quiet, non-distracting atmosphere. Make sure that your child has all the tools they need to complete their homework assignments. Pens, pencils, paper and a dictionary are some of the materials that should be at their homework station.

Schedule time to go over your child's homework with them. This can be a great time for connecting with your child.

Make clear your expectations of when homework should be done.

Encourage your child to pick an extra curricular activity such as a sport, music or art. Participating in one of these activities may be the highlight of your child's day and can be a great way for them to meet new friends.

Keep things organized with one big calendar centrally located in the house that has all activities, due dates for school projects and weekend plans listed.

Eat dinner together whenever possible to give your child an open forum in which to communicate.

On Sunday, review all the plans and activities for the week.

Always know where your child is.

Make time to STOP, LISTEN and HUG your child.

Don't forget to make time for yourself. By practicing self-care, you are modeling for your child how important self-care is. In addition, the more you care for yourself the more energy you will have to care for your children.