



## Back to School Tip Sheet

### Routine

- Let your child(ren) know that it's the end of the summer and establish a daily routine with your child(ren) before school is back in session.
- Prepare meals and plan to eat together as a family.
- Establish a regular bed time and wake up time for school readiness
- Talk to your children about what to expect before returning back to school.
- Minimize game and television time and encourage reading.

### Healthcare

- Schools require that child(ren) have medical exams and submit immunization records. Don't forget to take your child to the doctor/dentist before school starts. Make your appointment NOW!

### Shop early

- Check with your child(ren)'s school for needed school supplies, dress codes and/or uniforms and activities fees. Check television advertisements, local newspaper ads and sale papers for back to school sales and savings.

### Supervision and Safety

- Arrange for appropriate transportation to and from school.
- Arrange for adequate child care before and after school.
- Encourage involvement in after school programs such as music, sports and specialty clubs. Ensure that transportation has been put in place for a safe return home.

### Be an active participant

- Go to school with your child(ren); Get involved.
- Accompany your child(ren) to school when possible.
- Meet the teachers and make sure the school has your personal contact information.
- Get involved in the local Parent Teachers Association or Organization.
- Encourage positive interactions between siblings, friends and educators.
- Ask child(ren) about their day.
- Review homework assignments.

**Make this the best school year ever. Start the school year off prepared!**

