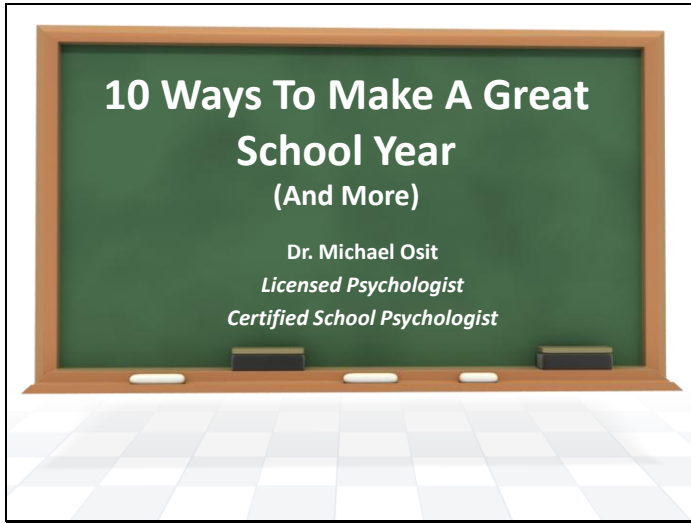
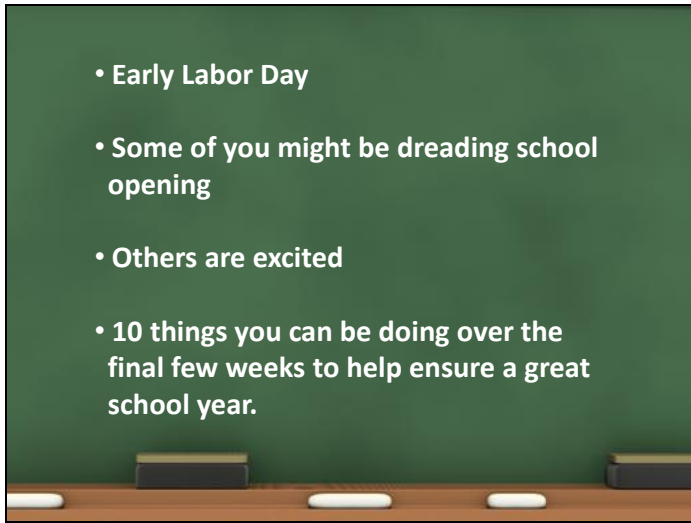


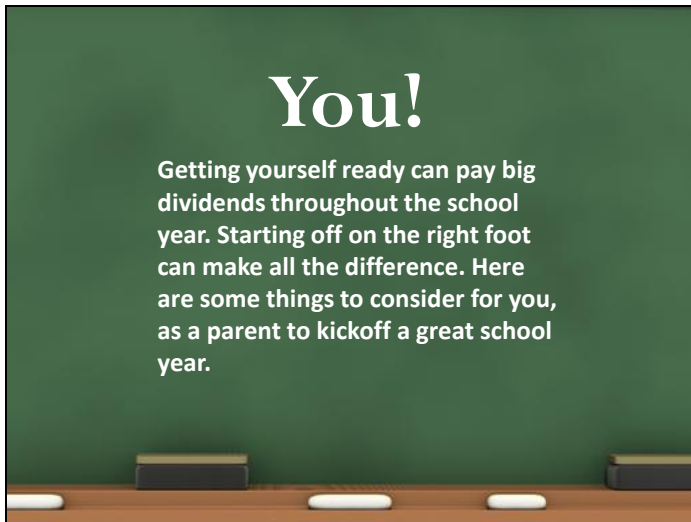
Slide
1



Slide
2



Slide
3




Slide

4

Get Yourself Ready

- Prepare yourself mentally in a positive way
- Prepare the family's work schedule, making sure to coordinate all activities, work, carpools, etc.
- Establish contingency plans ahead of time for when you need to travel for work, a sick child, no school, snow days, delayed openings, etc.
- Plan time for enough sleep.




Slide

5

Build Relationships

Get to know the school secretary and the custodian. They know the school, the students, and are key people in assisting you and your child with more than you can imagine.

Get involved in school activities and school staff functions.



Slide

6

When And How To Start Preparing?

Tomorrow



Slide

7

When And How To Start Preparing?

Family Meeting

- Make it formal and mandatory
Review last years successes and failures
- Take responsibility for what you did wrong
- Don't be afraid of letting them know what they need to work on
- Get them positively invested in the goals



Slide

8

When And How To Start Preparing?



Whatever you establish, be firm and rigid from beginning and don't deviate.



You can be flexible later once routines are well established.

Slide

9

10 Tips For Your Child(ren)




Slide
10

TIP # 1

Sleep Cycle

- Bedtimes and wakeup times need to return to school schedules.
- Gradually, over one or two weeks. If meal times or other regular routines have changed over the summer vacation, reset those as well.




Slide
11

TIP # 2

Purchase supplies as soon as possible

- Take child with you
- Allow him/her input




Slide
12

TIP # 3

Clothing

- Sense of pride
- Mentally puts in a place
- New clothes, new start




Slide
13

TIP # 4

Make a plan for success

- Present a positive attitude and excitement
- Instill confidence in them.
- Gently remind them of difficulties or mistakes they made last year so they don't repeat.
- New beginnings, new friends, new opportunities




Slide
14

TIP # 5

Establish homework routines

- Use a calendar with all commitments on it so they know when they are to do their HW on any given day of the week.
- Know your child and what works best for him/her and all your individual children




Slide
15

TIP # 6

Set Limits

- TV
- Social media
- Computer
- Video games and screens in general from day one of school




Slide
16

TIP # 7

Establish Climate

- Appropriate place to study
- Free from distractions
- No Cell Phone
- Monitor Computer




Slide
17

TIP # 8

Facilitate Independence

- Know when and when not to help them
- Help them know when and when not to ask for help
- Be available for assistance if they need it



Slide
18

TIP # 9

Communicate with Teacher(s)


Send an email to the teacher(s) introducing yourself, your child, and reinforce that you are available if needed regarding your child or to help in classroom.



Slide
19

TIP # 10

Establish Routines



- Establish evening routines and bedtimes.
- Morning problems are really night problems.
- Establish morning routines ahead of time.
- Make a checklist and morning schedule.

Slide
20

Starting A New School



- Moving up
- Move to new town

Slide
21

Starting A New School




- Entering into intermediate, middle, HS where other schools feed into it
- You just moved to town
- Starting private/public school

Slide
22

Making Friends

- Don't sit in last seat
- Smile, be friendly
- Insert yourself but don't overdo it, desperate, needy or annoying
- Every person is a potential friend, talk to the person standing next to you on line or before class gets started
- Join clubs
- See someone standing alone, go over to them- they need a friend
- Get contact info.
- Walk and talk confidently-people like together people, even if you're not feeling it inside
- Be a good listener
- Remember names



Slide
23

Special Needs

- IEP
- 504 Plans



Slide
24

Special Needs

- Schedule meeting with counselor/case manager as go to person-familiar
- Review school clubs/activities to join
- Decide upon alternative out of school programs



Slide
25



Slide
26

