

# Six Ways to Get Your Child Back Into the Learning Groove

Here are a few ways you can make the transition back to school more manageable and enjoyable for your child.

1. Reestablish bedtime routines a few weeks before school starts.

Many families allow their children to stay up later and wake up according to their bodies' natural sleep/wake cycle during the summer. Suddenly waking up three hours earlier than his or her body is used to can be quite the jolt for anyone!

For students in elementary school: To ease this transition, start moving up bedtime in five- to ten-minute increments and wake your child up five- to ten- minutes earlier each day. This subtle time adjustment may decrease your child's resistance to the new sleep/wake schedule. Keep doing this daily until you return to the bedtime regimen that works best for your child during the school year.

2. Work with your child to prepare a homework schedule and location in advance.

Not only will this ease the tension accompanying those first homework assignments on new, "scary" material, but it can also help with the development of organizational skills and good study habits.

3. With your child, collect and organize the necessary supplies.

In order to complete school work, such as paper, markers, paper clips, a stapler, a dictionary, pens and pencils. Plastic sweater bins or small baskets are excellent for keeping materials organized and accessible. Let your child decorate the bin with markers and other materials to allow his or her individuality to shine!

4. Review basic academic material to get your child refocused on learning.

If you haven't been doing so already, take some time to do some fun, educational activities that help your child practice reading, writing, math, science, and social studies along with the fine arts. Keep activities short and motivating to prevent stress. Reviewing familiar concepts is a good way to start. Often you can find skill review workbooks for all ages at your local bookstore or check out our link under Resources - For Students (make this a hyperlink) for web-based learning activities/games.

5. Build excitement about the first week of school!

Emphasize the positive—spend time together organizing school clothes and planning special meals or activities for the first days of school. Come to Meet the Teacher on August 23rd from 4:00 - 6:00

6. Read books together about going back to school.

The following suggestions might be helpful with back-to-school transition.

For children pre-k through kindergarten

Wemberly Worried by Kevin Henkes

The Kissing Hand by Audrey Penn

Chrysanthemum by Kevin Henkes

Will I Have a Friend? by Miriam Cohen

Look Out Kindergarten, Here I Come by Nancy Carlson

What Will Mommy do when I'm at School? by Dolores Johnson

For children in elementary school

Tales of a Fourth Grade Nothing by Judy Blume

Judy Moody: Was In a Mood. Not a Good Mood. A Bad Mood by Megan McDonald

How to Be Cool in the Third Grade by Betsy Duffey

The Teacher from the Black Lagoon by Mike Thaler

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