

## PREPARING YOUR CHILD FOR BACK TO SCHOOL THIS FALL

Whether your child will be attending school virtually or on campus, here are a few ways to keep the **STRESS** out of back-to-school prep:



- Register your kids for school.** Make sure to stay informed about what to expect for the upcoming school year through the school's website, newsletter and other media outlets.



- Schedule doctor, dentist, and optometrist appointments.** Whether your kids need immunizations before the school year or not, back-to-school appointments help set your child up for success throughout the year.



- Get organized with a copy of the new school year calendar.** Put important dates in your calendar (virtual school conferences, virtual parent orientation, school holidays, late-start, and early release days) ahead of time!



- Stock up on school supplies, required books, and a laptop if needed.** Familiarizing yourself with the school-assigned video conferencing software ahead of time will help create a seamless transition!



- Get your child organized before school starts.** Set them up at an assigned desk area where they will be doing their work and classes. This will help them easily find what they need and establish a daily routine.



- Attend virtual orientations and meet-and-greet events** so that your child knows what to expect from the new school year.



- Transition them back to "school year" sleeping and eating schedules.** With virtual school becoming a norm, it will be essential to stay consistent with common back to school schedules to keep your child focused and ready for the new year.



- Set up some virtual playdates before school starts.** Your kids may not have seen their friends as much over the summer with social distancing guidelines intact. Help them reconnect by hosting a virtual game night with friends.



- Create a "night before the first day of school" tradition.** Maybe lay out your child's clothes, read a specific book, or tell first day of school stories at bedtime. Be creative and help get your child excited for school starting!

