



## Managing Back-to-School Stress

Getting a new school year off to a good start can influence your child's attitude, confidence and performance both socially and academically. Your family's transition from summer to the fall school schedule can be stressful. Even children who are eager to return must adjust to the greater levels of activity, structure, and for some, pressures associated with school life.

As a parent, you can help your child manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few tips to help ease the transition and promote a successful school experience.

### Parent Tips for Getting Through the First Few Weeks

- Clear your own schedule. If possible, postpone business trips, volunteer meetings and extra projects

so you can be free to help your child acclimate to the school routine.

- Set alarm clocks early. Praise your child for prompt response to morning schedules and bus pickups. Make sure your child has plenty of time to get up, eat breakfast and get to school.
- Review your child's schoolbooks. Talk about what your child will be learning during the year. Share your enthusiasm for the subjects and your confidence in your child's ability to master the content.
- Meet your child's teacher(s). Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls). Convey a sincere desire to partner with your children's teachers to enhance your child's learning experience.

**Reading experts recommend students read at least 20 minutes every day outside of school hours. We know this can be tough to do with busy schedules. Learn how to squeeze more reading minutes into your daily routines by accepting the Just Take 20 challenge from the Florida Department of Education at [JustTake20.org](http://JustTake20.org).**

**Come read with us!**

Visit [JustTake20.org](http://JustTake20.org) for fun family reading activities!

Just Take 20 is funded by the Florida Department of Education and managed by Just Read, Florida! and the Bureau of Family and Community Outreach.

