

Tips for School Success

Healthy Habits

Make sure your child gets plenty of sleep and eats a healthy breakfast each morning before school. Encourage exercise and limit the amount of time spent on electronics.

Stick to a Routine

Just like adults, most kids thrive on structure and will respond well to routines that help them organize their days.

Create a "Launch Pad"

Find a place in your home where your child can organize and keep the items he needs for school each day. Then you'll know right where to find everything during the morning rush!

Designate a Homework Space

A homework space with plenty of light, enough space, and supplies makes it easier for your child to complete their school work at home.

Read Together

Children spend the first several years of their lives learning to read, and the rest of their lives reading to learn. Try to sit down with your child to read a little bit each day. Children learn by example, let your child "catch" you reading.

Talk Often, Show Interest, Expect Success

Allow your child to express her anxieties, excitements, or disappointments about each day and continue to support and encourage her by praising her hard work and successes.

Meet your child's teachers. Stay in contact and discuss any concerns you might have as they arise.

Expect your child to succeed. This doesn't mean demand perfection, rather encourage hard work, determination, and perseverance.

"You can steer yourself any direction you choose." - Dr. Suess

Fun Conversation Starters

If you could make a brand new school subject, what would it be?

What do you normally do at recess?

What is your favorite thing about yourself?

Can you remember a time that you made someone smile?

What makes someone a good friend?

If you could trade places with anyone for a day, who would it be?

National Sleep Foundation's Sleep Duration Recommendations:

Age	Recommended Amount of Sleep
3-5 years	10-13 hours
6-13 years	9-11 hours
14-17 years	8-10 hours

