

Parents make the difference!!

Caldwell County Schools Exceptional Children Department

Routines and schedules start the year right

The start of a new school year is exciting. But it means families will need to adjust. Here are some ways to get your family back into a school routine:

- **Set the rules.** Make sure your kids know what you expect now that they are back in school. Set a specific time to do homework. Enforce rules for TV watching. Set aside some time each day for reading.
- **Manage correspondence.** The start of the school year means a lot of paper going between home and school. Set up a place where your child puts all the paperwork from school. Sign it and put it back in his/her book bag by the next day.
- **Keep track of schedules.** Post a calendar where everyone will see it. Have everyone write down their activities as they are scheduled. This will help you plan ahead. If a book report is due the day after a soccer game, your child will see he needs to finish it early.

Create a chart for the first few weeks of school—until your routines become habits. Give your child a star on days he does everything without being asked.



Source: Barbara Hill, "12 Ways to Gear Up for School," Family Circle, September 1, (Gruner + Jahr, 375 Lexington Ave., New York, NY 10017, 1-800-727-9696).