

Back to School Tips for Parents

Sleep

- Make sure your child has a consistent bedtime each night and is getting enough sleep. When you lose sleep, it's harder to focus and pay attention. This affects school performance and job productivity.
- Sleep feeds creativity, synthesizes new ideas, and leads you to "ah ha" moments. Research shows that we need good sleep to feed our high-level, innovative thinking and problem solving abilities.
- As you sleep, memories are reactivated, connections between brain cells are strengthened, and information is transferred from short to long-term. Without enough quality sleep, we can become more forgetful. Studies suggest that sleeping shortly after we learn new information helps us retain and recall that information later.

Routines

- Predictable routines help children and youth know what to expect and feel secure. The security children feel by knowing what to expect frees them to fully engage in play and learning in the classroom.
- **Structured** routines are especially important for some children with special learning needs or behavioral difficulties.

Discipline

- Studies show that the most effective parents are able to create an environment with firm rules and consistent consequences. This helps kids to understand rules and why they are in place.
- Children who are given consistent consequences when rules are broken are more likely to understand it was a result of their decision and are more prepared for the resulting consequence.
- Research shows that parents who are consistent with their children are the most effective and impactful.

School Success

- Children are more likely to make school a priority when parents show interest in their child's school work and daily school activities.
- Supporting classroom work and behavior expectations will increase your child's chances of having academic success.