Worrying about how you are going to make the Back to School transition…ENCOMPASS can help!

Getting a new school year off to a good start can influence children’s attitude, confidence, and performance both socially and academically. The transition from August to September can be difficult for both children and parents. Here are some tips to make that transition smoother:

- **Review all of the information.** Review the material sent by the school as soon as it arrives. These packets include important information about your child’s teacher, room number, school supply requirements, sign ups for after-school sports and activities, school calendar dates, bus transportation, health and emergency forms, and volunteer opportunities.

- **Mark your calendar.** Make a note of important dates, especially back-to-school nights. This is especially important if you have children in more than one school and need to juggle obligations.

- **Make copies.** Make copies of all your child’s health and emergency information for reference. Health forms are typically good for more than a year and can be used again for camps, extracurricular activities, and the following school year.

- **Buy school supplies early.** Try to get the supplies as early as possible and fill the backpacks a week or two before school starts. Older children can help do this, but make sure they use a checklist that you can review. Some teachers require specific supplies, so save receipts for items that you may need to return later.

- **Re-establish the bedtime and mealtime routines.** Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts. Prepare your child for this change by talking with your child about the benefits of school routines in terms of not becoming over tired or overwhelmed by school work and activities.

- **Turn off the TV.** Encourage your child to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease your child into the learning process and school routine.

For more tips on making the transition back in to the school year contact ENCOMPASS at: 800-788-8630 or visit us on our website at: [www.encompass.us.com](http://www.encompass.us.com)

*For more information visit: [www.nasponline.org](http://www.nasponline.org)*