



First Week of School!

Tips for
managing
the start of
the school
year

Mini Guide #5



Hooray!

Back-to-school season is a fresh start. For our children, for educators, for all of us. We move from the long days of Summer to schedules, homework, lunches, extracurricular activities and more.

With so many moving parts it's important to start with a plan and systems. That's where this mini guide comes in.

By the way, if you haven't, be sure to look at our [back-to-school checklist](#), too.

Enjoy, Towanda

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Set The Tone

Start the year with good communication between you, your child and their teachers.

Talk to your kids about their day. The first week of school can be stressful. Think about it. They are learning new teachers and schedules, getting bombarded with expectations for the year, and maneuvering social changes - like friends from last year being in a different class. Talk to them about the education AND social part of their day. Be understanding. Taking these few minutes daily will set the tone for open communication throughout the year.

Return paperwork on time. Okay. I am not a fan of writing my name, address, etc. on various forms, over and over again. But, as much as I dislike “parent homework” I understand that my responsiveness is part of their teachers’ first impression of me.

Plan a midweek school-supply run. While most schools have general supply lists, each teacher may have things specific to their class. By having this time already scheduled you’ll be less stressed about those last-minute needs. This is also a good time to pick up things from the classroom’s wish list.

School, then what?

Everyone in the family needs to understand what will happen after the school bell rings.

Are the kids riding the bus? Are you or someone else picking up from the carpool line? What's the schedule for homework and/or extracurricular activities?

I find it easiest to use a calendar app to manage schedules, and to have a brief conversation every morning reiterating what will happen that day. If your family prefers paper, a calendar in a central location also works.

First Week To-Do List

Monday

- Sign up for mobile apps and website notifications
- Complete school paperwork
- Save teachers' contact info (email, etc.)

Tuesday

- Review family calendar and modify as needed
- Ask about lunch (too much/little/just right) and modify if needed

Wednesday

- Midweek school-supply run

Thursday

- Evaluate bedtime and decide if it needs to be adjusted

Friday

- Check backpacks
- Check lunchboxes
- Celebrate with a small treat!

Daily

- Daily recap (talk about education and social part of day)
- Review/sign papers and/or notes
- Place backpacks by door
- Enforce bedtime
- Prepare lunch night before
- Iron/layout clothes for next day

Bedtime!

Start bedtime earlier than normal this week.

Going from a summer to school schedule is not easy. By starting a little earlier than normal, you'll have a buffer for them talking and playing a little before they drift off to sleep.

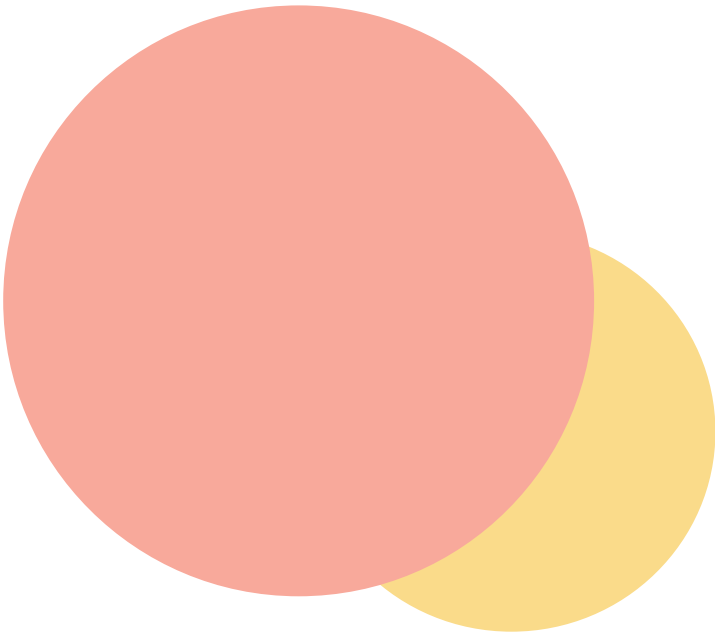


You're Almost Done!

A joy of reading mini guides, aside from the information, is that you don't have to wait until a big chunk of time appears in your schedule. Because how often does that happen?!

Now that you have a few tips for building your daughter's spirit life, check out our other [mini guides](#). Topics range from education to travel.

If you do social media, we'd love to connect there, too. We're on [Facebook](#), [Instagram](#) and [Pinterest](#)!



Join the #MomOfGirls community

I look forward to staying in touch,
Towanda



[We can't wait to have you!](#)



THANK YOU FOR BEING A PART OF
OUR COMMUNITY!

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