



Parents in the Know

Back to School

Breakfast is the Most Important Meal of the Day

Make sure that you feed your child a healthy breakfast before sending him off to school. It is true that breakfast is the most important meal of the day. Breakfast helps your child's memory, attention span, concentration, and disposition. Some quick and easy breakfast ideas include: fruit and cheese, peanut butter on a waffle, yogurt with fruit, and oatmeal.

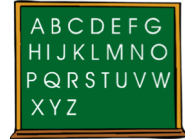


Fostering Good Study Skills

Help your child start the year off right. There are many things you can do to help your child have good study habits.

1. Ask your child daily about what he is learning in school. Talk about his day. Find out about what he is working on.
2. Provide a place for your child to work that is free of distractions and has the materials needed. Nothing is more distracting than not having the right supplies.
3. Have a homework routine. Many children like to have a snack after they get home then hit the books to free up their evening.
4. Review your child's work when he is done. This shows your interest and allows you to identify any areas that might need work.

Be a Partner



Parents and caregivers need to be partners with their child's teachers. There are several easy and important things you should do:

- * Get to know your child's teachers.
- * Communicate any concerns you have.
- * Make sure your child does his homework daily.
- * Read all school communication.
- * Attend parent conferences.
- * Ask what you can do to help your child.

I Don't Want to Go!



Don't be surprised if your child has a hard time going back to school. The transition from home to school is often hard for the first few days of school. Some things you can do are:

1. Visit your child's school and teacher before the year begins
2. Acknowledge your child's feelings
3. Talk to your child about her fears
4. Set a routine for before and after school
5. Talk to your child's teacher if the problem remains for several days

What Research Says



Research shows that children who consistently skip breakfast are tardy and absent from school more than children who eat breakfast daily.

Based on: J. A. Seibel, "Why Breakfast is the Most Important Meal of the Day", WebMD, <http://www.webmd.com/diet/guide/most-important-meal>

Back to School

Improving Your Child's Confidence

We all want to raise children who have confidence and high self-esteem. However, sometimes we're not sure how to help. Some simple ideas that really make a difference include:

1. Giving your children **responsibility**. It makes them feel mature and needed.
2. **Identifying and encouraging** your children's talents.
3. **Talking and listening** to your children daily. It makes them feel valued.



There's No One Like You!

Parents and caregivers play an incredibly important role in the lives of their children. No one has as great of an influence on the people your children become as you do. It is a pleasure, gift, and great responsibility. Remember that **you are your children's first and most important teacher** now and for the rest of their lives.

Your children want to be like you and most likely will. So, being a good role model is important. Often actions do speak louder than words. So, remember, your children are watching and learning from all that you do and say.



Get Involved and Stay Involved

Being involved with your child's school is an important way to show your child that you value education. It is also a great way to get to know your child's teachers, curriculum, and other children and families in the district.

Don't worry if your time is limited or you have other small children at home that restrict what you can do. Most schools have many opportunities that you can do at home or are only one-time events. Ask your child's teacher how you can help. A few ideas include:

From home:

- Type children's stories to make class books
- Help organize class trips or parties
- Make games and materials for centers

One-time events:

- Speak to the class about a career or hobby
- Chaperone a field trip

Weekly or monthly:

- Read with children
- Help with photocopying or bulletin boards
- Serve as a lunchroom volunteer
- Volunteer in the school library



Book Corner

Focus on Individuality

Ella Sarah Gets Dressed, by Margaret Chodos-Irvine
Zero, by Kathryn Otoshi
Clara Caterpillar, by Pamela Duncan Edwards
Stargirl, by Jerry Spinelli

“Education is the movement from darkness to light.”

Allan Bloom