

Family Living Focus

by
Lancaster Co.
Extension Agent

Debbie Naumann



can help themselves and their children prepare for the year.

•Shopping for school items for your child? If so, plan ahead. Before shopping, make a list of what you need. This will help you from buying extras that you don't really need and will help keep you within your budget. Consider investing in time-saving school supplies such as a good set of reference books or a large tupperware box filled with needed paper supplies, costumes, and other "last minute" items. When purchasing clothes, consider those that comfortable, durable and large enough in size to last a while. After you and your child pick up the items you need, do something for pleasure — visit a bookstore, enjoy an ice cream cone or play in the park.

•Don't wait until parent-teacher conference time to meet your child's teacher. Plan to meet at the start of the school year while the slate is clean and there is more time to talk. Inform the teacher about any important details that will help him or her better understand your child. When you meet the teacher, express general support and offer your help if problems arise. Plan to participate in school activities and continue to maintain positive communication throughout the school year.

•Help your child stay organized by posting a big calendar in the kitchen or other prominent area. Dates to include on the calendar include birthdays, school holidays, doctor's appointments, sports practices and tournaments,

church functions and important homework due dates. While individual schedules may be busy, make sure to include "family time" activities on your calendar as well!

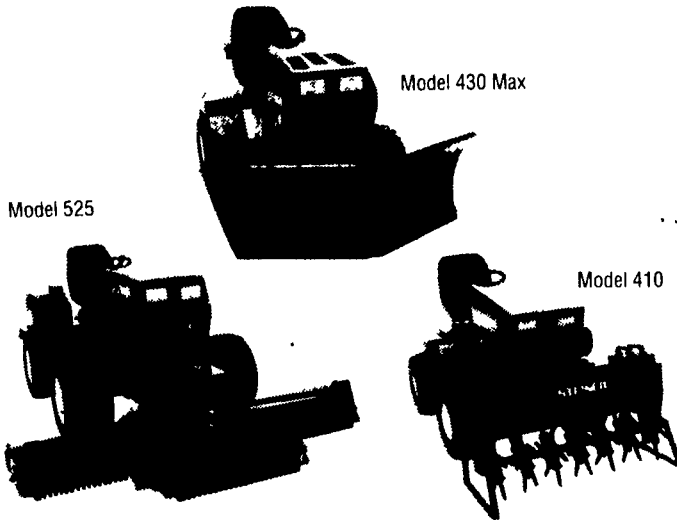
•Worried about getting your child to do homework? Show him that you have homework too. Set a firm homework hour and sit with your child at the kitchen table or wherever he works. While he does his assignments, you can pay bills, catch up with letters, read work materials or just read a good book. When the time is up, put the homework away and enjoy spending leisure time with your child.

•Practice time-saving routines throughout the week. When possible, pack lunches the night before school so that mornings aren't so

Back-To-School Tips For Parents

For parents and children alike, heading back to school after a relaxed and carefree summer can be a harsh reality. While exciting and challenging, the start of a new school year can also bring with it a period of potential stress and anxiety

for all family members. There is school shopping to be done, new parent-teacher relationships to establish, before and after-school schedules to coordinate, homework to be completed, and time to be managed. With all of the changes that are sure to occur, here are some ways that parents



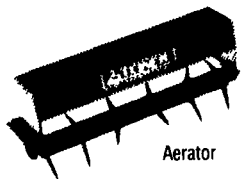
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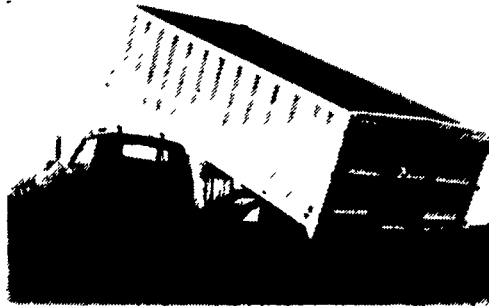
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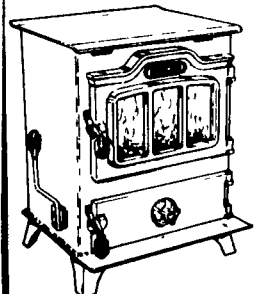
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