



INTRODUCTION



The long days of summer are coming to a close, signaling the coming of Fall. In August, your children are soaking up their last care-free days before school starts. This edition of Oregon Parenting Together discusses ways parents can help get their children ready for the upcoming school year.

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

A SMOOTH EMOTIONAL TRANSITION TO SCHOOL

As parents, you want to make sure you have done all that you can for your children so they are ready and able to thrive in school. Studies have shown that encouraging family involvement in education may improve children's academic outcomes. But exactly what does that mean for parents, what can you do? Preparing your children for school involves more than the ABC's and 1-2-3's. Research shows that children who have parents that are responsive to their children's needs and concerns do better in school. Children can feel scared, happy, sad, excited, and nervous about starting school. Parents, you can help your children by talking about what school will be like, what they will do during the day, what their teacher will be like, and strategies if they start to miss home. Schools also often have information meetings that parents and children can attend to help prepare the whole family. There are some additional tips in the box to the right to help make the transition to school easier for everyone!



How to Talk to Your Kids

- Talk with your children about what their new school will be like and what their teacher will be like.
- Listen to your children's worries about school, and come up with solutions before they start school.
- Be excited! Show your children school is something to look forward to, not something to be afraid of.



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NEW SCHOOL, NEW ROUTINES AT HOME

When children enter school not only are they getting used to the school environment, but they might also have some new routines at home. It can be hard for children to adjust to all of these changes at once. Parents you can help your children by introducing new routines in your home before school starts. Start new bed times and wake times with your children. This will help get their sleep schedule ready for school, and help prevent overly tired children in the first few days. If your child will be taking the bus, walk with them to the bus stop. Talk about safe ways to get on and off the bus. Will your child be attending an after-school program? If so talk about how they will come home from the program. Decide how you might want your child to handle any work brought home from school. Will this be done right when they get home, at an after school program, after dinner, or at some other point in time? Practice this quiet "work" time at home with reading or some other activity so they know what to expect. By preparing your children for what home will be like before they start school children will be dealing with fewer transitions at once, making new school routines a bit easier to deal with!



FUN WITH YOUR KIDS!
Play Pretend School

One great way to have fun and help children transition into school is to play pretend. Take turns being the teacher and students. This provides a safe way to model what might happen in school and for your children to express some of their concerns.



Books About
SCHOOL

Here are some books that you can read with your children about starting school

- **The Kissing Hand** by Audrey Pen
- **The Night Before Preschool / The Night before Kindergarten** by Natasha Wing
- **First Day Jitters** by Julie Danneberg
- **Wemberly Worried** by Kevin Henkes



Find your local parenting resources at:
<http://orparenting.org/>

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