

## **Back-to-School Transitions: Tips for Parents**

BY TED FEINBERG, EDD, NCSP, & KATHERINE C. COWAN, - - 1.1 4r 4r 3 r 4( ( )-0.( 3 r 4r)-2. 17. ( . ) .2( )

 $\lambda$  1  $\lambda$   $\lambda$   $\lambda$   $\lambda$ 

bill king the state of the stat

Visit school with your children.

Minimize clothes shopping woes.

Designate a study/work area for homework. Work area for nomework.

Select a spot to keep backpacks and lunch boxes.

B<sub>k</sub> ... , b<sub>k</sub> ... b ..

Freeze a few easy dinners.

## ₽ NB M EE

Clear your own schedule. Kap of the big.

Make lunches the night before school.  Set alarm clocks.

Prepare for after school. 

Review your children's schoolbooks.  $\begin{pmatrix} k \\ k \end{pmatrix}$