



Tips on Preparing Your Child for School

- Set goals with your child. No matter how young, it is never too early to encourage your child to set goals. Whether they hope to become President of the United States, or to simply pass Algebra, goals help to keep children focused on the importance of doing well in school. Goals help teenaged children navigate the difficult decisions they will encounter as they make their way through adolescence.
- Give your child enough time to get ready for school in the morning, and don't let him or her skip breakfast — the most important meal of the day. Have your child prepare things like homework, books, book bags, and clothing the night before to avoid confusion and delays on school days. Also allow enough time for your child to get to school and not be tardy. A good start to the day ensures a better day in school and regular attendance throughout the year.
- Make sure your child gets a good night's sleep, especially before important tests or activities. An established bedtime routine will go a long way toward helping your child do well in school. Children learn better when they are alert.
- Create a study and homework routine for your child; right after getting home from school usually is a good time. Even if you've long forgotten the subject they are studying, by checking to see that they have completed their assignments, you will build their sense of responsibility and help them achieve. (Don't forget to check book bags for notes from teachers, missed assignments, upcoming events, etc.)
- Encourage healthy eating habits, avoiding foods that are high in sugar and fat. This helps to curb problems with obesity and provides your child with the good fuel needed to stay active and alert.
- Attend school functions, from open house, parent conferences, and PTA/PTO meetings to extracurricular activities involving your child. This not only shows your child that you support him or her, but it also enables you to meet the school staff, other parents, and the children who are part of your child's life. Learn more at www.eriesd.org/familyguide
- Let your child know that school regulations and policies must be followed, for their safety and the safety of others. Successful schools, just like successful communities, rely on a safe and orderly environment. Teachers and principals would much rather be busy helping students learn than correcting their behavior. Information can be found at www.eriesd.org/handbook
- Acknowledge and reward your child's efforts at all levels with words of support and encouragement, and please feel free to contact school personnel if you have questions or concerns — we are all here to help you.