



BACK TO SCHOOL!!

Getting back to school and into a routine can sometimes start on a sluggish note. Here are some of our top tips to make life stress free for both parents and children...

- If your child is a bit slow and disorganised on school mornings, and you want to avoid rising stress levels on these days, work with your child to devise a weekly timetable that they can place on their wall or door. This could include all of the things that your child is required to do in the morning – from making their bed to collecting their library books and preparing for after school activities. You'll be surprised at how well your child responds to this, and how it also puts the responsibility back on them.
- If your child is involved in sports, think about dedicating one storage container to their sports gear. For example, soccer players could have a container filled with soccer boots, shin pads, training shirt, hat, sunscreen and water bottle. When it comes time for your child to get ready for training for his/her game, they have one place to go to retrieve all that they need, rather than taking more time to find all of the gear in several different areas.
- Keep a dedicated pencil case for homework use. The pencil case should include sharpened pencils, a few coloured pencils, sharpeners, rubbers and a small ruler. Your children can then use this case for homework purposes, and should be kept close to the place where they regularly do the homework. This will save time each week searching for pencils and rubbers etc.
- Keep a display folder for important notes to be referred back to during the year, such as timetables, classroom policies, and curriculum details. Handy references can also be stored here, such as times tables, reading log sheets and spelling/grammar rules.
- Consider opening a school and art archive that can store the best of your child's artwork and school day memories. Then at the end of the year, you can go through the box or container, decide what you both want to keep or purge. By the end of high school, you'll have a wonderful history of your child's development.

organising

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- Think about installing more shelves, hooks behind the door or in the cupboards. Place a colour plastic bin in the room for rubbish. Is there room under the bed for storage? Install a clothesline and pins for displaying current artwork across the room. Younger children might like their drawers and containers labelled so they can identify where to put things, while at the same time learning to read.
- Consider creating “zones” within the room. For example, if your child is an avid reader, think about placing a beanbag in their room next to a bookshelf.
- Does the child have a place for everything within the room. It is unrealistic to ask children to keep their rooms tidy if they don't have a “home for everything”.

Best wishes for 2012!

