

How To

How to Prepare for a New School Year Successfully



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<http://testimonials.epromos.com/school-bus-resized.jpg>

The start of a new school year brings changes to a household. Sleep schedules, meals and studying time can be successfully approached with a few suggestions and tips.

Things You'll Need:

- a family calendar
 - write-on, wipe-off board with markers and eraser
 - alarm clocks
 - patience
1. Step 1



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Several weeks prior to the start of school, start installing rules to bed times and wake up times to adjust to the school schedule. If your kids did not change their sleeping habits over the summer, you are one step ahead. This will prepare your [children](#), and yourself, for the starting hours your school requires. Kids will be less stressed and less tired with an adjusted sleeping pattern. Make sure each child has their own alarm clock and uses it a few days prior to school starting.

2. Step 2



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Parents should be prepared ahead of time for school lunches or packed lunches. About 2 weeks prior to school make a list of needs and make sure they are purchased prior to the first day of school. Whether it's brown paper bags, a reusable lunch container, or a lunch pass, you will be all set for the start of school.

3. Step 3



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Purchase school supplies 1-2 weeks prior to school starting. Place each child's supplies in their backpack and store near a convenient location. Your child will have everything they need immediately. School supplies are usually offered at sale prices about a month prior to school starting. If you didn't receive a supply list, check your school's Web site on-line or call the office for one.

4. Step 4



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Declutter your children's closets and drawers 1-2 weeks prior to school starting. Donate clothes that don't fit anymore or pass them to friends. Double check under clothing supplies and update if necessary. New clothes are not required to start school (unless they are required to wear a uniform). If your kids already have clothes in good shape, don't worry about buying more new clothes to have them "fit in". Wait until after school starts to get clearance prices if more clothes are needed.

5. Step 5

Purchase a write-on, wipe-off message board. Many of can either be mounted to a cupboard door, or used with magnets for the front of a refrigerator. Use one to keep track of school needs such as turning in field trip money, concert clothes, Spanish club fees and so much more. Kids can write Mom and Dad important messages regarding school.

This is a nice way to write down school bus numbers, phone numbers for carpools, or other school [transportation](#) needs.

6. Step 6



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Have an "end of the summer" party to help kids adjust and become excited about going back to school. Have a picnic at the park, meet up with friends, or take one last weekend trip.

7. Step 7

The night before the first day of school, have each child put their clothes out to be ready. Encourage them to do this every night during school year.

8. Step 8



zucchini pancakes

Mom's and Dad's can ease breakfast chaos by baking up a quadruple batch of pancakes or waffles. Freeze them and you'll have a healthy breakfast ready at a snap. Simply reheat in the microwave, toaster oven, or toaster (if size is appropriate). Be sure to have syrup, powdered sugar or fresh fruit ready to top them with. It's a nice alternative to boxed cereals.