

# Back to School Preparation

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The last few days of summer are to be savored, including activities like family vacations or hanging out with friends at the pool. Squeezing every moment of freedom out of summer is what you and your kids want to do, but nothing ruins that feeling of freedom more than ending the summer in a panic while trying to get ready for school!

A few simple preparations during the last few weeks of summer will help ease the transition:

- Establish a realistic routine with reasonable bedtimes and wake ups. Start doing this at least two weeks before school, even if you are on vacation.
- Take time with each child to organize his room and study area. Let your child take part in getting his room ready for the school year.
- Get the list of school supplies for the year. Make gathering school supplies a fun time.
- Host an end-of-the-summer party with games like a water balloon toss or relay race to help your kids reconnect with some of their friends before the school year starts.
- If your child has concerns about “playground politics” like rumors, cliques or bullies, help him come up with positive ways to handle situations.
- Visit the school and discuss how to handle class changes, locker organization and lunchtime.
- Set up house rules and consequences with your child about homework, phone privileges and curfews.
- Help your child find out about new opportunities, such as clubs, sports and elective classes.
- Make sure that your child’s immunizations are up-to-date.
- Be sure that you are relaxed and happy about the new school year – your children take their cues from you.
- Keep those lines of communication open! Staying connected to your child, his school and friends will help your child achieve personal, social, emotional and academic success, no matter what grade he is in.