

# Back to School Tips for Parents



## HOME

- Get their backpack, papers, books, and other stuff ready the night before.
- Always ask about their day at school.
- Review school and classroom rules regularly.
- Let your children know that school is important to you.
- Set up a regular time for homework or reading each day.
- Be positive about your child's education!

## SCHOOL

- Meet the teachers.
- Ask questions about the classroom and the teacher's expectations.
- Ask how to best get ahold of the teacher if you have questions or concerns.
- Attend school events, especially if your child is participating.
- Ask the school for their policies on bullying and the reporting process.
- Attend the open house or other events intended to help you know more about the school.



## HEALTH & SAFETY



- Make sure your child has all their immunizations.
- Let your child know what to do if they become ill at school.
- Share health information with the school, such as medication or other ongoing medical issues.
- Know and follow school policies on absences.
- Ask the school about their disaster and shooter policies and share these with your child.

## MENTAL HEALTH

- Discuss feeling regularly with your child.
- Let them know that their mental health is as important as physical health.
- Do not tolerate bullying of or by your child at any time.
- Tell your child what to do if they should become upset or anxious at school.
- If your child shows signs of fear, anxiety, or depression, talk to your child's doctor immediately.

