



# THE FAMILY TREE

## **Tips for Building Self-Esteem**

Believe it or not, back to school time can be a stress free experience! The new school year brings a lot of apprehension. Appropriate planning can assure parents and students of a smooth trip on the road to a productive school year.

- Participate in an open house tour of your child's school.
- Discuss the new schedule of bedtime and wake up. Start putting younger children to bed early a few weeks prior to the first day of school.
- Review Safety rules, especially regarding bus safety and street crossing, as well as rules about strangers. Keep the lines of communication open with kids of all ages – if something does not feel right, a parent wants to be the first to know.
- Walk your child to the bus stop of school route prior to the first day of school, so both you and your child have an idea of the time and distance required.
- Prepare an emergency contact list for your child and place a copy in your child's pocket. Also write this information in your child's backpack.
- Post a calendar page in a highly visible area, where all family members can note evening and weekend activities and events. Make it a family rule to check the calendar before making a commitment.

Unexpected events can trigger strong emotions, disrupt daily routines, and jeopardize safety. Anticipation and realistic expectations can keep things in balance.