

Use Summer Time to Prepare for Back to School

The beginning of summer vacation is the best time to consider back-to-school plans. Early planning helps ensure a smooth transition for parent and child.

Prevent “summer memory loss.”

All kids forget facts and skills during the summer. Class level workbooks and reading keep your child thinking and learning. Create a summer reading list. Schedule daily reading time – at least 20 minutes. Help your child write a short paragraph about the book. Who was his favorite character? Would he change the ending?



Schedule medical and dental appointments early.

Do not forget eye exams. Review your child’s immunization record. If your child has special health needs, update medications such as an Epi-pen or inhaler. Drugs have an expiration date.

Get a back-to-school wardrobe ready.

Clean your child’s closets and drawers. Make a list of new items each child will need. With your child, set a budget and shop summer sales, next-to-knew shops, and garage sales.

Schedule a time to shop with each child for school supplies.

Make back-to-school shopping a special tradition. Let him choose his own supplies

from the school supply list. If possible, allow him to pick a new outfit or shoes. Celebrate a job well done with a meal out or a snack.

Help your child learn new, needed skills.

Prepare her for changing classes and having more than one teacher. Provide tips such as how to use an assignment book.

Arrange rides to and from school.

Discuss and practice new after-school routines if he will be home alone.

Prepare a study area.

Help your child choose a “homework nook.” Make it his special place.

Create a family calendar.

Use a paper calendar or a white board to post the family schedule in a central place. You can also use chalkboard paint and convert part of a wall into a calendar. White boards and chalkboards allow easy-to-make changes.

Talk about bullying.

Encourage your child to make friends early in the school year. Find activities that interest her. Teach her how and who to ask for help if bullies bother her. *Read our SkillTime and SchoolTime booklets at parenthelpline.org for more information on bullying.*

*Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

