

BACK TO SCHOOL TIPS FOR PARENTS



The transition back to school is exciting, but may also cause anxiety. Make the adjustment easier for your family with some simple tips:

- 1 **Get involved in your child's education.** Talk to your child each day about school experiences. Attend school functions and stay engaged.
- 1 **Be a good listener.** Establish an open line of communication by asking and encouraging questions about all aspects of your child's life.
- 1 **Set clear rules.** Make sure rules—whether they relate to homework, curfew or social situations—are age-appropriate and consequences are consistent, immediate and directly related to the misbehavior. Don't forget to also reward good behavior.
- 1 **Develop a daily routine.** Create school-day schedules for specific tasks such as homework, television, baths and bedtime. Be consistent.
- 1 **Practice what you preach.** Each day, be a living testament of your value system. Provide your child examples of compassion, honesty, generosity and other positive attributes.
- 1 **Know your child's friends (and their parents).** Learn as much as possible about the individuals who are influencing your child's behavior and decisions. Always know where your child is going and with whom.
- 1 **Eat together when possible.** Meal time is the perfect opportunity to catch up on the day's activities. It also allows you to manage food selections and promote healthy eating habits.
- 1 **Make sleep a priority.** Sleep is vital to your child's health and performance in school. Set and maintain a consistent bedtime and wake-up schedule.

BYFS Can Help You Build a Healthier Family...

BYFS provides counseling services to meet the social, psychological and emotional needs of children, teens, adults, couples and families.

Staff members are licensed professionals with expertise in depression, ADD, grief and loss, anger management, stress, eating disorders, substance abuse, marriage and parental counseling and divorce mediation.

Most insurance accepted. Sliding fee scale is available. Se Habla Espanol.

For additional information, call 847.381.0345.

Our Mission: BYFS is a not-for-profit social service agency, dedicated to providing comprehensive outreach, prevention and counseling services that support the entire family. For more than 35 years, BYFS has served Barrington area residents within the boundaries of CUSD #220.



It's Back to School Time!
Help Your Family
Manage the Transition
With Some Simple Tips...

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