

# TOP BACK TO SCHOOL TIPS THAT *Every Parent Needs To Know*

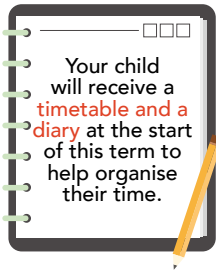
The new academic year has begun. It is my second favourite time of year (nothing beats Christmas) as it can herald a new beginning for children and parents alike.

Amongst the excitement of new stationery and freshly polished shoes, is an air of trepidation. Starting a new school or year can be incredibly daunting, not just for students but parents too.

To help, here are our 8 Top Back To School Tips That Every Parent Needs To Know:

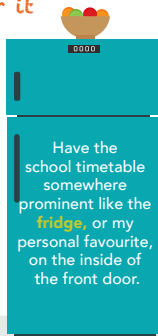
## GET ORGANISED

Your stress levels will thank you for it



It's also an excellent communication tool between teachers, students and parents so use it to check subject needs and homework deadlines.

This will **help stop the frantic stress of a last minute rush** out of the door in the morning when you leave the house with your slippers still on. We have all been there right?



## BUILD BRIDGES

Teachers are partners.

They want the best for your child just like you do.

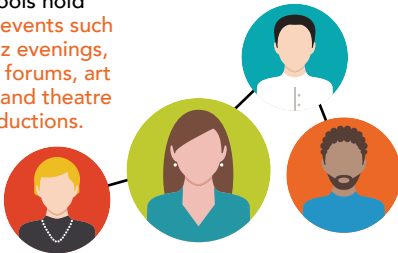
Find out what is expected, stay informed and **build a relationship**. Work together with your child's form tutor in particular.



## GET INVOLVED

Parents who are actively engaged in their child's learning at school can improve their **progress by an average of 3 months**.

Schools hold lots of **events such as quiz evenings, parent forums, art shows and theatre productions**.



Most schools **hold these events in the evening** to help fit in with working parents, so try to make the time and effort to go. You will find it will not only enrich your children's lives but your own too.

## BE INTERESTED

Show them that you are interested in their work, what they are learning, and who they are (or are not) making friends with.



Give praise for **accomplishment and effort**. If your child is working hard recognise it, everyone needs encouragement from time to time.

## LISTEN

A massive **73%** of 15 year olds in England feel under constant pressure from schoolwork and sadly, only **27%** of students in England actually enjoy school.

Listen to their concerns and take them seriously. If they communicate only in grunts look out for signs that may show that your child is struggling.



They may be asking for help without even saying a word. Be there. Listen.

## GIVE THEM SPACE, LITERALLY



Ensure they have a suitable **space for working in, away from distractions**. If they share a bedroom or have to work in a family space give them "red time" where siblings (and you) can't bother them so they have quality, quiet time to study.

## SLEEP, SWEET, SLEEP

Studies show that sleep plays a critical role in memory consolidation and helps the learning process. Ensure your child gets a good night sleep and doesn't stay up too late.



## THIS IS THE MOST IMPORTANT ONE OF ALL

don't get discouraged!

Sometimes the going gets tough; remember to act calm and positive. **Don't let yourself get drawn into arguments and negativity**. If a child is angry about schoolwork it is often because they think they can't do it. It is your job to show them they can.

