

**GET READY FOR SCHOOL!**

August 2007

# Parenting *Rules!*

**SCHOOL SHOPPING STRESS...**



Back to school shopping can be a stressful activity for children and parents. Shopping for your child's new school clothes doesn't need to lead to temper tantrums and power struggles.

Ways to make back-to-school shopping a breeze:

1. start shopping early to avoid last minute running around
2. break your shopping down into a few trips instead of one big one
3. limit shopping time to just a couple of hours
4. plan ahead **with** your kids what clothing and supplies they will need
5. decide on a budget and let your kids know the budget amount
6. give your child a calculator to add up purchases so they can see how much of their budget they are using

**A NUTRITIOUS BREAKFAST= BETTER LEARNING...**

**40% OF KIDS DON'T GET BREAKFAST!**

Children who eat breakfast get better grades, have better behavior and miss less school.

**Be sure your kids get a healthy breakfast!**

These tips can help you find time to make breakfast a regular part of your morning:

- >pick out clothes the night before
- >get up 15 minutes earlier
- >buy food that can be eaten on the go like cereal bars, fruit and whole wheat toast
- >pack their backpacks before bed
- >do away with morning TV watching
- >let older kids use the microwave



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## THE WHEELS ON THE BUS...



School bus safety is an important issue that you should talk with your kids about before the first day of school.

Be sure to teach them the following bus safety rules:

- wait until the bus comes to a full stop
- keep head, hands, arms – **everything** – inside the bus at all times
- to only cross the street in front of the bus and they should walk ahead 10 giant steps and cross only when the driver gives the signal
- no playing, fighting or shouting in or around the bus
- never push anyone on or near the bus

## ROUTINES...

During the summer months parents tend to relax the rules and allow kids to watch more TV and go to bed later. You can make going back to school easier by getting back to a more regular schedule **two weeks** before the start of school.



Some way to help make it easier:

1. stick to a regular bedtime that will give kids at least 8 hours of sleep
2. start waking them up at the time they will need to get up for school
3. begin serving dinner at a time that will work during the school year
4. set time aside in the afternoon for reading or an activity to get them used to homework time

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**BACK TO SCHOOL ARTICLES AND INFORMATION...**

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**Consumer Credit Council**

*Help and tips on saving money and budgeting for back-to-school shopping.*

100 Edgewood Ave. Suite 1800 Atlanta, GA 30303

1-800-251-2227 [www.cccsatl.org](http://www.cccsatl.org)

**The Family Education Network**

*Practical guidance and information about your child's school experience.*

501 Boylston St. Suite 900 Boston, MA 02116

617-671-2000 [www.familyeducation.com](http://www.familyeducation.com)

**Thrive**

*A school health program that helps communities and schools work together to more effectively address health issues.*

RI Department of Education 255 Westminster St. Providence, RI 02903

401-222-4600 [www.thriveri.org](http://www.thriveri.org)

**The RI Parent Information Network**

*Providing parents with information and resources to enrich their family life.*

175 Main Street Pawtucket, RI 02860

401-727-4144 [www.ripin.org](http://www.ripin.org)

**ABOUT PARENTING RULES! E-NEWS...**

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Prevent Child Abuse  
Rhode Island



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Please share this information with the  
families in your programs. Thank you!