

**BACK TO SCHOOL**

September 2007

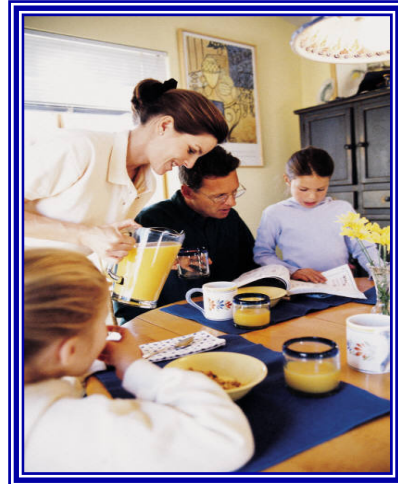
# Parenting *Rules!*

**MORNING MADNESS...**

Getting kids up and out the door on a school morning can be one of the most stressful times in a parent's day! With good planning you can make your mornings a happy and peaceful time for the whole family.

Here are some great ideas to help you get started:

1. Start the day with a positive attitude
2. Get everyone up early enough to be ready on time
3. Pick out clothes and pack up backpacks the night before
4. Put a stop to morning TV watching
5. Offer quick and easy to eat breakfast choices



**SCHOOL FEARS...**



The new school year can be a source of fear and anxiety for many children. Not making friends, being away from parents and being bullied are some of the most common fears that children experience. After the first week of school these fears will usually disappear.

However, for some children these fears don't disappear so easily. Just getting on the school bus can cause these kids to go into a tantrum of fighting and crying.

Take a deep breath; here are some ways you can deal with the problem:

- Don't get angry or tease your child for being afraid
- Encourage them to talk about what they are afraid of
- Don't give in and let your child stay home, it will only be harder the next day
- Get help from the school staff
- Help your child to spend time with classmates
- Contact your doctor or school counselor for help

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# Parenting Rules!

**TO SICK FOR SCHOOL?...**

Sometimes it is hard for parents to tell when their child is not feeling well but is still well enough to go to school. When your kids complain that they don't feel well, how do you decide when they are too sick to go to school? Check with your child's school nurse on the school's policy regarding sick children.



Dr. Steven Parker of the Boston Medical Center suggests following these guidelines to decide if your child should stay home:

- > A fever of 100.4 or higher
- > A bad cough
- > Diarrhea or vomiting
- > A severe sore throat with white spots
- > An earache
- > A rash
- > Pink eye

Dr. Parker also suggests calling your family doctor if your child has any of these symptoms.

**RESOURCES FOR PARENTS...**

- |  |              |  |
|--|--------------|--|
| Parent Link RI   | 401-222-5927 | <a href="http://www.parentlinkri.org">www.parentlinkri.org</a>                   |
| <i>Links parents to programs that strengthen family communication and promote youth success.</i> |              |  |
| Family to Family of RI   | 401-456-4732 | <a href="http://www.ric.edu/uap/f2f/home.html">www.ric.edu/uap/f2f/home.html</a> |
| <i>Resources for families of children with special needs.</i>                                    |              |  |
| Ready to Learn   | 401-490-9960 | <a href="http://www.r2lp.org">www.r2lp.org</a>                                   |
| <i>Programs to help children enter school healthy and ready to learn</i>                         |              |  |
| RI After School Plus Alliance  | 401-331-2869 | <a href="http://www.afterschoolri.org">www.afterschoolri.org</a>                 |
| <i>Helping parents choose quality after school programs.</i>                                     |              |  |

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



Prevent Child Abuse  
Rhode Island



Rhode Island  
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Prevent Child Abuse Rhode Island  
500 Prospect Street Pawtucket, RI 02860  
ph: 401.728.7920 fax: 410.724.5850  
[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

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