

Vacation's Over – It's Back-To-School Time

It seems like the summer just started, but before you know it, children will be headed back to school. The transition into a new school year is often greeted by parents and children alike with mixed feelings of anticipation, excitement, fear, and regret. Summer is over and it's time to go back to the daily pattern of classes and homework. This annual ritual affects not only children, but the entire family.

As a new school year approaches, family members can work together to make the transition as smooth and pleasant as possible. Below are a few tips to ease the transition from summer to school:

- **Bedtimes.** During the summer, you might allow your children to stay up late to enjoy the long summer days. By the time school starts, however, children should be back to their regular bedtime routines. You don't want to send a tired and cranky child off to a busy day at school. It's a good idea to start getting children back into their routines two to three weeks before school begins. This should provide parents with plenty of time to work through a child's resistance to the regular bedtime and get them back on schedule.
- **Eating Schedules.** During the summer, your family may eat dinner later than usual. Some family members may eat separately from the others because of their own active summertime social schedules. Before school starts, it's important to return to a dinner routine where family members eat together every evening. This is a great way for family members to get together and communicate the events of the day.
- **Set homework and curfew rules.** Before school starts, plan a homework and curfew schedule. Sit down and discuss the schedule with your children. You need to work out issues such as: Can they watch television during the week, and if so, how much? When will they do their homework? How late are they allowed to make and receive phone calls? What is the school night and weekend curfew?
- **Buy school supplies early.** Parents should show enthusiasm about the new school year and include their children when buying school supplies. Doing this will help your children become more excited about the prospect of starting a new school year. As a result, those first few days of school will be easier for everyone.

Call Your Employee Assistance Program (EAP) at 1-800-442-4061

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.