

# BACK TO SCHOOL TIPS for parents

Looking for some useful tips on getting your children off to a great start this school year? Try some of these:

**Setting the stage:** Figure out the ground rules for after-school activities, chores, homework, television and Internet use. Set a schedule early to avoid disagreements later on.

**Homework:** Set up a well-lit, quiet place with a good work surface for your child to do homework; encourage a regular homework time and discourage distractions.

**School routine:** Your children, especially younger ones, will find it easier if you start their regular school-year bedtime about a week before the beginning of school.

**Learning at home:** Keep your children engaged in learning. For example, read to your child every day; just 20 minutes a day can make a huge difference.

Encourage your older children to read for pleasure at home, especially on topics they find interesting. You can even have your children read package labels and weigh produce at the grocery store.

**Healthy eating:** Make sure your children are getting the healthy food and daily physical activity they need to help them learn and succeed. You can find lots of information on healthy eating at [www.ontario.ca/eatright](http://www.ontario.ca/eatright)

## Other resources

The Ontario government offers many resources to help you and your children. You can find a school calendar, information on safe and healthy schools, and lots more by looking under Popular Topics at [www.edu.gov.on.ca](http://www.edu.gov.on.ca)

**Parents of elementary school students:** you can find tips on helping your child with reading, writing and math, as well as tips on homework, talking to the teacher and more at [www.ontario.ca/abc123](http://www.ontario.ca/abc123)

**Parents of secondary school students:** you can find out what students need to graduate, a credit tracker and information on innovative new programs at [www.ontario.ca/morestudentsuccess](http://www.ontario.ca/morestudentsuccess)

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