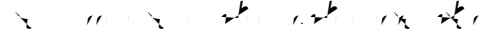


Back-to-School Transitions: Tips for Parents

BY TED FEINBERG, EDD, NCSP, & KATHERINE C. COWAN,

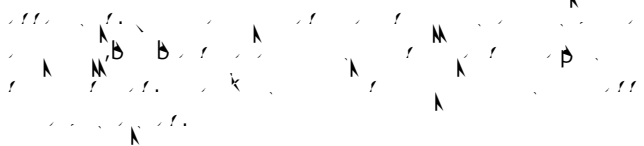




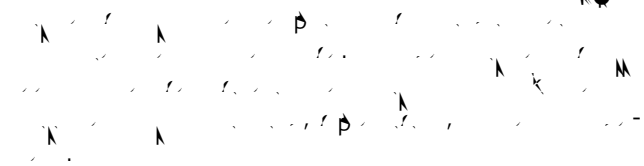
Visit school with your children.



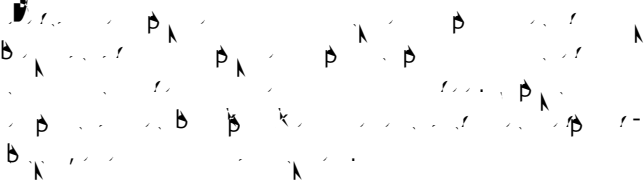
Minimize clothes shopping woes.



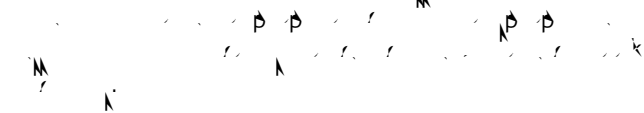
Designate a study/work area for homework.



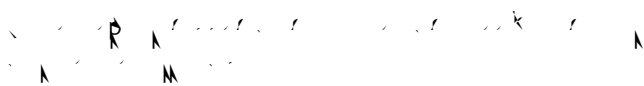
Select a spot to keep backpacks and lunch boxes.



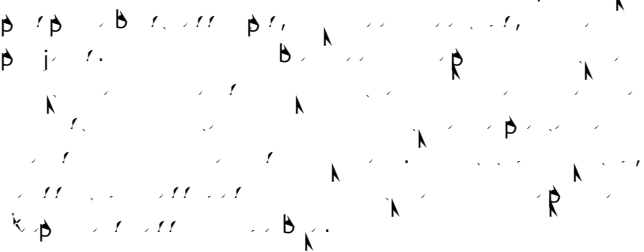
Freeze a few easy dinners.



W E E



Clear your own schedule.



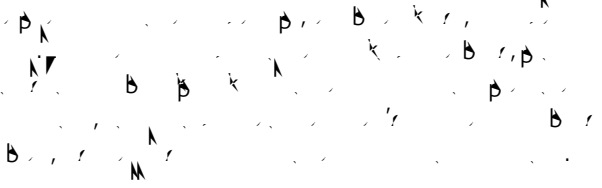
Make lunches the night before school.



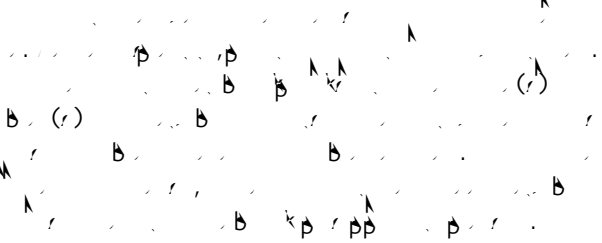
Set alarm clocks.



Leave plenty of extra time.



Prepare for after school.



Review your children's schoolbooks.



