



Back To School Tips For Parents

Research shows that outcomes are generally better for children whose parents actively engage in daily conversations about their lives in and out of school. As a result, these kids tend to have better grades, are less likely to abuse drugs, and alcohol, have higher self-esteem and are more likely to attend college. According to a recent survey, teens who were asked what they needed most to succeed in life, the majority responded by saying they desired more communication with their parents.

“Back-to-school time offers a great opportunity to talk with children about what is happening in their lives,” Says Michael Faenza, president of the National Mental Health Association (NMHA). “By spending at least 15 minutes a day listening and talking with your child, parents can provide valuable emotional support, especially during the turbulent times of childhood and adolescence.”

Additional back to school tips

- Spend time each day talking to your child about what happened at school. Engage in discussion about your child’s friends, classes and activities. Give your child positive feedback about his or her new experiences.
- Praise and encourage your child to become involved with school activities and try new things.
- Attend school functions and stay involved in your child’s education. Children whose parents are more involved with their education have higher achievement, are better adjusted and are less likely to drop out of school. Introduce yourself to your child’s teacher(s) within the first weeks of school.
- Make a point to learn about how your child develops not just physically, but socially and emotionally, as well. If you are aware of what’s typical behavior and thinking for your child’s stage of life, you will be able to tell more rapidly when things may not be right.