



Back to School Tips for Parents!

1. **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.



2. **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.

3. **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.



4. **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.



5. **Healthy eating:** Make sure your children are getting the healthy food and daily physical activity they need to help them learn and succeed.

**For Additional Information Contact: Northwest Buffalo Community Center
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