

Pointers For Parents

A Lesson About Getting Into The School Routine

(NAPSA)—Parents can get higher grades in their ability to balance jobs, schoolwork, extra-curricular activities and social engagements when they follow a few simple steps from organizational expert Ronni Eisenberg:

- Make the new school year less stressful by helping your child adjust to the schedule change prior to their first day back. Work with your student to develop a daily routine (i.e. going to bed at a specific time, picking out clothes the night before, etc.) and begin practicing that routine a week before school begins. This will help your child adapt to a different schedule and make the transition from the summer months to the school year a little smoother.

- For families with multiple children, avoid confusion by creating individual study centers designated for each child throughout your house. Each center should be equipped with the tools and supplies students will need to complete homework assignments (i.e. pens, paper, markers, erasers, etc.) and should be well organized so children can find what they need quickly and easily. This will give each child their own quiet and more efficient place to work.

- Once schoolwork is in full-swing encourage your student to develop strong study habits. Students can use Post-it® Notes to make notes near areas they are having difficulty with or to jot down questions and thoughts near important reading assignments. With consistent effort and detailed, organized notes, academic excellence will soon be within reach.

- Make leaving notes and phone messages for your children easier by assigning each person a designated color. Then, identify a



HOME STUDY HALLS—Each child should have his or her own efficient place to work.

frequented place in your home where all messages are to be left (near the front door, in the kitchen, etc.). Children should routinely visit this spot to check if their color note is waiting for them. This will save parents the hassle of having to nag as well as give children a sense of responsibility.

- It is important that parents are aware of and involved in their children's after-school activities, however, keeping track of busy work and family schedules can be difficult. Color coordinating large wall calendars and date books with Post-it® Notes can help to highlight events (i.e. school plays, athletic events, etc.) and act as colorful reminders of dates and times so you never miss those important occasions.

Teaching your child (and yourself) how to balance schoolwork and other activities takes effort and the right tools. By starting early, your student will have set the foundation for good study habits, time-management skills and a successful school year!