

# Press Release

---

Contact:  
Jane Nordell  
732-246-8060 x12  
Janet Rosenzweig, Ph.D.  
732-246-8060 x11

## **Back-to-School Tips for Parents**

*Making the transition easier for parents and children*

NEW BRUNSWICK - August 18, 2005 – Can families really make ‘back to school’ time stress-free? Experts agree that this may be an elusive ideal, but stress can be managed if expected. Children and parents faced with apprehension about the beginning of a new school year can take comfort in knowing that resources are available to help ease the pressure and stress of the unexpected.

The Prevent Child Abuse - New Jersey Parenting Education Resource Center offers a Back-to-School packet with suggestions to facilitate successful parenting during this transition. Appropriate planning and a gradual shift into a routine can assure parents and students of a smooth trip on the road to a productive school year.

### **Sample tips include:**

- Participate in an open house tour of your child’s school.
- Discuss the new schedule of bedtime and wake – up; start putting younger children to bed early a few weeks prior to the first day of school; discuss the pending change in curfew with older children.
- Review safety rules, especially regarding bus safety and street crossing, as well as rules about strangers. Keep lines of communication open with kids of all ages – if something does not feel right, a parent wants to be the first to know.
- Walk your child to the bus stop or school route prior to the first day of school, so both you and your child have an idea of the time and distance required.
- Prepare an emergency contact list for your child and place a copy in your child’s pocket. Also write this information in your child’s backpack.
- Post a calendar page in a highly visible area, where all family members can note evening and weekend activities and events; make it a family rule to check the calendar before making a commitment.

Unexpected events can trigger strong emotions, disrupt daily routines, and jeopardize safety. Anticipation and realistic expectations can keep things in balance.

Prevent Child Abuse - New Jersey is a statewide, non-profit agency that has been pursuing the mission of working to eliminate the abuse and neglect of children in all forms. 2006 marks the 26<sup>th</sup> year of service to New Jersey. For more information, please call 1-800-CHILDREN or 732-246-8060 or visit us on the web at [www.PreventChildAbuseNJ.org](http://www.PreventChildAbuseNJ.org)

###