

# Back to School Survival Guide

Tips and resources for parents of elementary school kids.

-by Melissa Oaks

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## **Introduction**

Hi my name is Melissa Oaks. My husband and I own the Snead Indoor Flea Market located in Snead, Alabama. I am the editor of our monthly [customer newsletter](#) and publisher of [our website](#).

As a mom of four young kids (all in elementary school), I know the headaches that parents go through trying to prepare for the new school year. I compiled this e-book from the research that I have done to make my life easier and help my kids get ready for the new school year. I hope that you will find these tips and resources helpful.

I originally created this e-book for my Snead Indoor Flea Market customers because I thought that they might find this information useful. However, this information can also be useful to others so please feel free to share this e-book with friends and/or family.

## **Legal Notice**

I have used my best effort to make this information useful and informative. But I make no representation or warranties of any kind with regard to the completeness or accuracy of the contents of this e-book. I accept no liability of any kind for any loses or damages caused or alleged to be caused, directly or indirectly, from using the information contained in this e-book.

## **Tips for getting your kids ready to start school.**

- Get a school supply list from your child's school so that you know what you will need to get.
- Sort through your child's wardrobe to determine what clothes are needed and also to make room for new clothes.
- Start sending your child(ren) to bed early and getting them up earlier to get them prepared for their back to school routine. You may also want to arrange meal times to get your child prepared for their new eating schedule.
- Set some school participation goals for the upcoming school year. Do you want to be more involved at your child's school? Do you want to be a room mom? How often do you want to volunteer? Will you be a chaperon for field trips?
- Set some school achievement goals for your child. How many books do they want to read? What programs do they want to join?
- Check out this article, [Tame Morning Madness With Launch Pads](#) for great tips to organize your morning.
- If you plan on sending your child to school with a lunch and/or snack, try freezing your child's drink the night before. When lunch/snack time comes around, the drink will be defrosted but still cool. It also helps keep fruits cool too.

## **Tips for Making School and Home Life Easier**

Once school starts, it can be very stressful to get into a routine. Between homework, extra-curricular activities, church functions, and other commitments, it becomes necessary to set up a family routine. You can find many tips to organize your home and your life at: [www.organizedhome.com](http://www.organizedhome.com)

The first week of school can be a nightmare. Most schools have a parent's day so that you can meet with your child's teacher. I would recommend that you go. Make note of library days, homework days, school projects and upcoming activities/events. You may be asked to be a room parent, but you may want to ask what will be expected of you if you choose to participate.

I always try to meet with each of my children's teachers at least once a month to see how they are adjusting and to make sure they are on track compared to the rest of the class. It is not only the teacher's responsibility to make sure your child is succeeding in school, it is yours too. Teachers will usually only contact you if there is a major problem. If you make it a point to monitor your child's progress, then you can adjust your child accordingly to avoid a teacher requested conference.

The first week of school can be a nightmare. Make sure that you take care of your own needs so that you don't wear yourself out. Cut corners when making meals. There are tons of websites that offer quick recipes or order out for pizza. Keep your evenings free for the first week of school to make time to talk with your kids about their first days of school. All parents go through the back to school days and make it though. You can do it too!!

## Being Involved in Your Child's Education

Only volunteer for the things that you think you might enjoy and take on only what you can handle. Being involved in your child's school sets a good example for them to participate in school events/functions. You can set up rewards for your child to encourage him/her to participate. When my daughter participated in the fall festival queen contest last year, we bought her a bouquet of flowers and a crown to give her even if she didn't win. You can set up your own reward system based on the event/activity that they participate in.

Most schools also have the Accelerated Reader's Program that rewards students for the books they read. They get a number of points for books that they read, then they can use those points to get prizes from the AR cart. The prizes vary from pencils and other school supplies to no homework coupons, etc. We usually set a certain goal for each child and if they reach it, we have a movie night or go to their favorite restaurant to celebrate.

School projects are now family projects. Teachers encourage parents to help out with these. There are many resources online that you can use to help you. Just use your favorite search engine, my favorite search tool is [Search It](#). I have used this tool many times to help me find ideas, pictures, and/or facts for my children's many school projects. This tool also helped me find room mom resources when I was room mom chairperson for my daughter's class.

There are many programs now that allow you to earn money for your child's school by purchasing items that you normally buy. Check out [School Pop](#) to see if your child's school is listed. Or ask the school if they participate in any of these programs.

## Other Tips and Resources for Parents

Soon after school starts your child will start to receive birthday party invitations. These events are a great time to get to know the other students in your child's class and their parents. You may want to think about planning your own child's birthday party. You will need to decide if you want to do it at home or not. I had my daughter's 7<sup>th</sup> birthday party at home, and I learned real quickly that I would rather pay someone else to do the party planning. If you decide to do it at home, [coolest-kid-birthday-parties.com](http://coolest-kid-birthday-parties.com) helped me out a lot. My boys had their birthday parties at Chuck E Cheese and the bowling alley. There are many places that offer birthday parties and I would recommend that you check into them.

If you don't want to plan a birthday party, you can just send grab bags to school with your child along with cupcakes or a cake. You can find many cheap items to fill grab bags with at [our flea market](#). You can also find stuff to fill grab bags for other holidays or occasions (Christmas, Easter, etc.)

## Conclusion

I hope that this e-book has given you some ideas and tips to make your back to school life a little easier this year. If you have found this e-book useful then please feel free to email a copy to your friends and/or family or send them to [our gift page](#) to get their own copy.