



# Feel-Good Friday

- ❑ **Establish bedtime routines** early in the year because sleep impacts mood, attention, memory, and physical health.
- ❑ **Hang up a list** (with pictures for young children) **of tasks** to complete each night before school and each morning.
- ❑ **Plan to be five minutes early** to the bus stop. If walking or carpooling, plan to arrive when the school doors open for students rather than the time classes start. This way, your child is less likely to be late for school.
- ❑ **Take a picture of all items** that belong in your child's backpack, print it, and laminate it (or use clear packaging tape) to turn it into a water-resistant tag **to clip to the backpack** as a visual reminder of what to bring to and from school.
- ❑ **Talk with your child or teenager about tracking homework assignments.** An assignment notebook, a student planner, teachers' digital assignment pages, school-provided apps, and a digital calendar are all options to find, list, and schedule both final due dates and interim dates to complete sections of large assignments.
- ❑ **Organize supplies necessary for homework** in one bin or drawer for easy access and clean-up throughout the year.
- ❑ **Inform your child's teacher** through a brief email **when something significant at home might impact your child's mood and ability to focus at school.** If a child's grandparent is hospitalized, communicating with your child's teacher can help the teacher understand how to support your child who may be unexpectedly distracted or anxious. If you have a preschooler who did not sleep well or long enough, informing the teacher can prepare the teacher to watch for social moments where your child may need extra help in managing emotions heightened by tiredness.
- ❑ **Each night or morning, check for emails from teachers,** the school, and the school district, or set your email app to alert you when you receive email from those addresses. Set up a **text chain with parents** to keep each other informed.
- ❑ **Review and empty a take-home folder** each day, including Fridays. What will trigger you and your child to remember this critical task? Returning home, finishing dinner, or starting homework? If there's a paper you'll need to reference later, hang it up, place it in a folder, or take a picture on your smartphone to store in a document-organizing app or email it to yourself with key words in the subject line that can be searched when the information is needed.
- ❑ **Set up locations and routines for charging mobile devices** that must be charged for school each day.
- ❑ **Celebrate progress made in following daily routines** and ask your children to notice the benefits of consistency.

## You Can Help Your Child Have a Successful School Year

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)