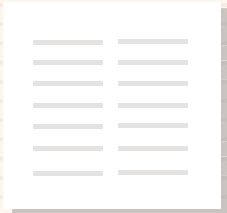


IT'S BACK TO SCHOOL TIME!



Meet the new teacher. Many teachers welcome calls or visits before school starts. If you can't do that, go to back-to-school nights.

Have a routine. Set a time for waking up, chores, homework, and bed time. Practice the morning schedule with younger children. Wake teens up earlier as the new school year gets closer.

Make sure your child eats breakfast! Hungry kids can't focus on learning. Breakfast should be low in sugar and high in protein.

If your school has a breakfast program, be sure your child gets there early enough to eat.

Before the school year starts, take your child to the doctor for a physical and any shots if needed. Make sure your health insurance is up to date and all paperwork is complete.

Set up a study area at home and set homework rules. A good example is keeping the TV off until homework is done.

Make a morning checklist for your child. Include things like making the bed and packing lunch. Update the list as your child gets older.

