Labor Day is fast approaching, and it’s almost that time of year!

Back to school! While this can be stressful for both you and your child, taking steps to prepare can make the process so much easier.

**Buy School Supplies**

Many children get really excited buying school supplies (and some of us never outgrow that). Try and have a list of the items your school says to bring.

Start with a new backpack, and let your children fill it up with the items they need.

These sales are great times to stock up supplies like paper, notebooks, and erasers you will need for your home study center, too.

Label the supplies that will be going into your child’s classroom, so they won’t get lost. That includes backpacks and lunchboxes.

**Create a Bedtime Routine**

Rather than have your child abruptly change his or her schedule to conform to a school time, start gradually. Set the alarm a little earlier each morning.

And remember – it’s not just getting up earlier. Your child may also have extracurricular activities that will eat into the nights or weekends.
Given the importance of sleep in learning, you want to make sure that your child is in the habit of getting a good night's sleep.

Talk to your child about the changes that are coming and let them know what they can expect. Not only will he or she transition better, but your child will also start looking forward to the many fun activities that await.

**Organize a Study Space**

There is no shortage of homework for today’s students, and you want them to be able to work on it efficiently. The way to do that is to create a designated space for homework.

Don't make your child do their homework on their bed!

Young children will probably want to be close to you for help, so the perfect place might be a corner of the family room or space at your kitchen table.

Older children are more likely to want a quiet private space. You can set them up in a bedroom or office.

Set up a comfy chair and proper lighting, and your child should be good to go!

**Create a Calendar Station**

You will need all the help you can get to keep track of your students’ schedule, so to keep you all on the same page, set up a calendar station in a central portion of your home.

A corner of the kitchen could be a good space for this. Make sure you have a calendar with large enough spaces to for each day’s events.

Consider setting up a magnetic or bulletin board, so you can display lunch menus or class assignment sheets.

**Set Up a Reading Routine**

Make use of your local library to keep your children excited about reading.

If you didn’t have time to make trips over the summer, you can still take your children over Labor Day weekend and get them excited about reading!

And you can help your child learn to manage his or her own routine.

Also, be sure and keep talking to your children about school and what is involved. This will give them the chance to share any worries they might have and will give you a chance to guide and reassure them.