



Is your child anxious about going back to school?

Need advice on how to point your child in the right direction?

Check out the following "Back To School" resources for tips and visit our website for more information!

### EDUTOPIA:

[www.edutopia.org](http://www.edutopia.org)

Visit this website for information, resources and advice on how to deal with your children going back to school, as well as information on how to deal with transition, back-to-school supplies to shop for, and how your manage your child's use of technology.

### FAMILY EDUCATION:

[www.familyeducation.com](http://www.familyeducation.com)

This website provides helpful information on how to deal with your child's back-to-school anxiety, way to save money on school shopping, and how to create a stress-free morning routine.



## COMMITTEE FOR CHILDREN:

[www.cfchildren.org](http://www.cfchildren.org)

The "Back To School" blog provides resources on topics such as how to deal with bullying, and how to help your child practice mindfulness. There is also a special resource that helps parents and teens deal with challenging situations using video interviews with real families!

## YOUTH.GOV

[youth.gov](http://youth.gov)

This government website provides useful tips to parents and caregivers on a variety of topics such as healthcare, homework help, shopping for school supplies, and meal planning.

## NEMOURS KIDSHEALTH:

[Kidshealth.org](http://Kidshealth.org)

This website provides useful tips such as setting up morning routines, a checklist for the first day of school, how to handle medical issues, transportation, and after-school tips.

## NATIONAL PTA:

[www.pta.org/home/family-resources/Family-Guides](http://www.pta.org/home/family-resources/Family-Guides)

The National PTA website provides parents/caretakers with guides on how to prepare your child for school, how to make the Kindergarten transition, how to help your child get a head start on reading, and much more!