



Returning to school after the holiday break can be a challenge for children, parents, and teachers. Days spent lounging around and late nights watching TV or playing video games come to an end. It's time to get back into the school routine again.

Here are a few tips to help avoid the third quarter slump.

Get Organized: One of the best ways to stay on top of your work is to get organized. Make a folder for each of your classes. Start a list of assignments in a journal and mark them off as you complete each project.

First Things First: Make a habit of doing homework before turning on the TV.

Set goals for the new semester: Help your child make sure goals are specific and achievable. Pick goals that are within their reach and set a date to check their progress.

Promote Success: Help your child choose a reward to work toward and don't forget to celebrate their achievements when a goal is achieved.

Ask for HELP: Don't be afraid to ask your teacher for help. Although we can learn from our mistakes, it will take less time if you do it right the first time.

Remember to be patient and flexible.
It's normal for everyone to need a few days to adjust.

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