Making Connections

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Parenting in the School Groove

No doubt, if you are a parent or caregiver of children, you know how challenging it can be to help them transition back to school. The change can be tough for the whole family, but by being intentional, you can help the adjustment run smoothly.

Last time, I shared 2 tips from Dr. David Schramm with Utah State University’s Extension Service that can help the first few weeks of school go more smoothly. Below are a couple more suggestions from Dr. Schramm. He notes that modeling and encouraging kindness as well as expressing gratitude helps with both school and home relationships.

With a couple of weeks of school under our belts, I want to focus on the importance of **noticing and appreciating the good in each day**. Children are often bombarded with negativity, sometimes from the beginning of the day. From teasing and quizzes, to homework and bad hair days, our brains are wired to focus and dwell on the tough things that happen. When your children come home from school, ask about the best part of their day and don’t settle with the “I don’t know” or “nothing” responses they may give. Dinnertime or right before bedtime, offer to have a quick chat about the day’s positive points.

Another suggestion for keeping the first few weeks school run smoothly is for adults to **be quick to forgive** their youth. New schedules and routines can bring new challenges and stress. Being patient with children is always important, but even more so when they are dealing with change and transition. When you keep your tone of voice low and are quick to forgive, it helps teach children to be quick to forgive, as well. Similarly, teach your kiddos to be patient with others and quick to forgive offenses, including those from friends and teachers. After all, it’s transition time for them, too!

Parenting is no easy task and certainly requires us to bring our best game each and every day. By reminding ourselves of some tried-and-true relationship skills like these offered by Dr. Schramm, we can make both home and school a great place for kids to grow.

*Making Connections for youth, families, and communities – Best regards, Deb*