

Managing School Year Stresses and Supporting our Children



Cornell Cooperative Extension | Albany County

School Year Tips

1. Be informed
2. Be realistic about uncertainties
3. Stay calm & be positive
4. Be your child's advocate



Enforce Good Attendance

- Students who attend school regularly learn more and are more successful than students who do not.
- The course work in school is very challenging and students who are absent may fall behind, resulting in serious academic problems.
- Good attendance helps students develop responsible work and study habits and prepare for the working world after school.

Homework and Study Skills

- Set up a special “homework corner” that is quiet and away from the TV and other distractions.
- Keep homework supplies available (pencils, pens, calculator, ruler, etc.)
- Set up the same time every day to do homework and study.
- Be available to answer questions, but never do your child’s homework!

Being Involved at School

1. Communicate with teachers
2. Monitor your child's progress
3. Support learning at home
4. Become involved in school events

Parent/teacher Conferences

Before the conference:

- Ask your child how things are going. Is he or she having any problems in the classroom? (socially or academically)
- Make a list of questions you might want to ask the teacher.

Parent/teacher Conferences

During the conference:

- Arrive on time. Conferences are usually scheduled back-to-back, so don't be late!
- Don't be afraid to ask questions and talk about your concerns. Look at the list of questions you made before the conference to make sure you don't forget important information.
- Ask to see samples of your child's work.

Parent/teacher Conferences

After the conference:

- Talk with your child. Point out his or her strengths, as well as areas that you can work on together.
- Follow up with the teacher any time you have additional questions or concerns.

Monitor Your Child's Progress

As a parent, it is your job to keep track of how well your child is doing.

How can you do this?

- Talk with your child
- Save your child's work
- Look at report cards
- Intervene if your child is struggling

Talk, Talk, Talk

- Check-in with your children often. Ask about school:
 - What is she learning about?
 - What is his favorite subject? Least favorite?
 - What tests or projects are coming up?
 - What is going on with her friends?
- **Make use of daily opportunities to talk, like during dinner or while you are riding in the car.**

Report Cards

- There should be no surprises if you have been monitoring your child's progress all along.
- Have realistic expectations.
- Praise children for their effort, not necessarily their specific grade.
- Avoid comparing children to their siblings or friends.
- Contact your child's teacher if there is anything on the report card you don't understand.

What if there is a problem?

- Don't jump to conclusions before getting all the information.
- Be assertive not aggressive.
- Avoid placing blame.
- Try to resolve the problem with the teacher first before going to a higher level.

What if your child is struggling?

- Ask the following questions:
 - Has he been doing homework and studying for tests?
 - Has attendance been poor?
 - Is she getting enough sleep so she can pay attention in class?
 - Does he need better organizational skills?
 - Are there stressful situations at home that may be affecting her?
 - Does he have test anxiety?
 - Is she being bullied by other children?
 - Has he had his hearing and vision checked?

What can we do to help kids?

- Acknowledge your youth's feelings.
- Develop trust & support.
- Create routine – be predictable.
- Balance screen time.
- Show love.
- Build positive coping skills.
- Healthy foods and sleep!



What can we do to help our kids?

- Exercise.
- Write or draw.
- Let feelings out.
- Do something fun.
- Learn ways to relax.
- Laugh!



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COMMUNITY RESOURCES

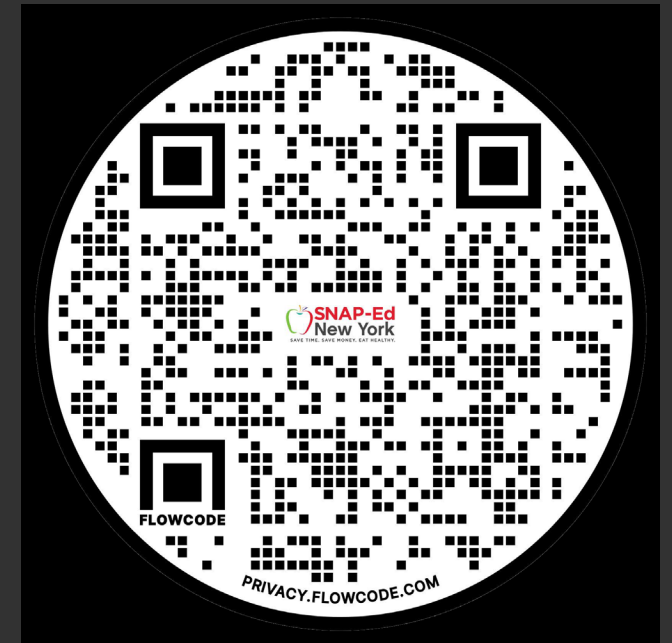
FOR A HEALTHY SCHOOL YEAR AND BEYOND

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Capital Region SNAP-Ed



- Free nutrition education and obesity prevention programs
- Nutritious food choices on a budget
- Virtual class Thursday (9/22) @ 2:00 PM “MyPlate for My Family – Family Meals”
 - Easy, affordable way to bring family meals to the table
- Interested? Questions? Contact Lauren Vale
 - Phone: [\(518\) 765-3555](tel:(518)765-3555)
 - Email: LKV9@cornell.edu



[Capital Region - SNAP-Ed New York
\(snapedny.org\)](https://www.snapedny.org)

Home Energy Assistance Program (HEAP)

- Helps eligible New Yorkers heat and cool their homes
- HEAP may be able to help if your home is heated with:
 - Electricity, Natural Gas, Oil, Coal, Propane, Wood/Wood Pellets, Kerosene, Corn
- If eligible, receive one regular HEAP benefit per program year
- Emergency HEAP benefits
- Questions? Interested in applying? Contact Thomas Dolan
 - Phone: (518) 756-8650
 - Email: ted8@cornell.edu

NYS Public Health Corps (NYSPHC) Fellowship Program

- Designed to build public health capacity while working to improve community health
- Educational presentations within the community
- Outreach at community events and at local organizations
- Free Healthy Homes visits including free health & safety products
 - No income requirements for visits
- Interested? Contact Annabelle Rieseler
 - Phone: (518) 764-9045
 - Email: adr99@cornell.edu

