Cedars Sinai

Help Your Child Succeed in the First Year of School

As a parent/caregiver, you want your child's first year of school to be successful. You might ask, how do I prepare my child for their educational life?

Here are some important tips for starting your child on the right path:

1. **Develop a routine for school.**
    Research has proven that children benefit from routines and predictability. Create a morning and evening routine together with your child.

    Here are a few examples:
    Evening—Set specific times for a bath, dinner, homework and relaxation time. Save time in the morning by picking out clothes for the next day.
    Morning—Set specific times for waking up, brushing teeth, washing up, getting dressed, having breakfast and leaving for school.

    Follow the routines and don't make any changes. Consistency is very important in a child's life.

2. **Talk to your child about starting school.**
    Many children are excited to start school, while others have concerns and worries. Let your child know that you are open to talking about their experiences, good or bad. Explore ways they can deal with their worries. If there is a need for additional support, talk to your child's teacher and get your child the support they need.

3. **Have frequent check-ins.**
    Ask your child open-ended questions about how their day went. Avoid questions with yes or no answers. Ask what their highs and lows were, meaning the best part of their day at school and their least favorite part.

4. **Get involved.**
    Attend school activities whenever possible (back-to-school night, parent-teacher conferences, coffee with the principal) to better understand the school's expectation. If you have time, become a volunteer.

Morning routine—cut and rearrange to personalize
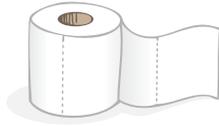
Wake up	Use potty	Wash up	Brush teeth
Hair ready	Make the bed	Get dressed	Socks & shoes
Breakfast	Lunch ready	Backpack ready	Off to school

Night time routine—cut and rearrange to personalize
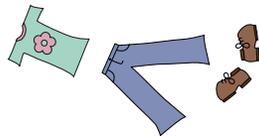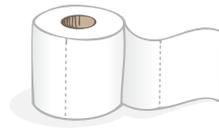
Homework check	Lay out school clothes	Wash up	Brush teeth
Play calm-down song	Jammie time	Use potty	Drink water
Grab your snuggie	Get cozy	Story time	Sweet dreams