



Wee Welcome Newsletter

September 2021



We have begun using a mass messaging service in cases of emergency or center closings which may be weather related. Please make sure you are signed up to receive these.

We wish all our children a wonderful and productive school year. We continue to bus to Willow Springs, Maple Avenue, and Woodside.

Good study habits don't come naturally to grade-schoolers. But as kids start getting more homework, they'll need to pick some up. Here are tips for helping your child develop strong, effective study habits.

Help your child learn to identify distractions.

Some kids can be easily distracted while they're trying to study. Establish a study area with your child. You and your child can work together to lessen those distractions. Your child might wear headphones, for instance, or find a quieter place to study.

2. Teach your child how to create an effective study space.

Your child can learn to make just about any study space more productive. Show your child how to set up a quiet work space that's not in the middle of too much activity.

3. Keep track of your child's strengths.

Kids don't always see their own strengths, but focusing on strengths can help give them confidence. Point out strengths to your child, saying things like, "You remember details really well. That will come in handy when writing that book report."

4. Work with your child's weaknesses.

It's just as important for kids to recognize their weaknesses as their strengths. Understanding their challenges can help them find ways to adapt during study time. Help your child brainstorm solutions.

5. Start making checklists with your child.

Once kids have identified strengths and weaknesses, they can start keeping track of what they need to keep track of. Making lists lets them monitor their work without relying on others.

6. Help your child prioritize.

Learning how to prioritize is an essential skill for studying. Some kids prefer to start with easier work before moving on to the harder stuff. Others prefer to tackle the tough things first. Watch your child to see which option seems to make the most sense, so you can talk about it.

7. Teach your child specific study skills.

It can be easy to overlook the fact that kids don't just know how to study. Kids need to know how to organize their backpack or break assignments down into smaller steps. Sharpening these skills will also help them learn basic organization skills and note-taking strategies.



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What can parents do to help stop the cycle of school refusal?

- **Step in quickly.** Missed schoolwork and social experiences snowball, making school avoidance a problem that grows larger and more difficult to control as it rolls along. Be on the lookout for any difficulties your child might have around attending school on time and staying for the full day. If the problem lasts more than a day or two, step in.
- **Help identify issues.** Try to find out why your child is avoiding school. Gently ask, "What is making school feel hard?" Is your child struggling socially or being bullied? Fearful of being separated from her parents for a full day?

- **Communicate and collaborate.** Your child's school is a key partner in combating school avoidance. Contact the school guidance counselor to share what you know about why your child is struggling to attend school. Collaboratively problem-solve with your child and the school by identifying small steps that can help your child gradually face what he is avoiding at school
- **Be firm about school.** Be empathetic but firm that your child or teen must attend school. Tell her you are confident she can face her fears. Generally, children should only stay home from school for fever (at least 100.4° F), vomiting, or a few other reasons.
- **Make staying home boring.** Make home as school-like as possible. No unfettered access to screens of any kind and no sleeping or lounging in bed unless genuinely sick. Be clear that if your child does not attend school, you will be collecting all screens and/or turning off data and home wifi. Then follow through!



Daniel H	9/6	Dash	9/6
Leo	9/9	Laura	9/11
Brynn H	9/26		



Welcome
Glad you're here!

Susan

Charlotte



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