

Back to School: Ideas for Parent Involvement

A new school year gives parents new opportunities to engage in their child's school activities. Learn how you can help create a healthy, supportive school.



Get involved! When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.

- Parent involvement makes school a healthier and more supportive place.
- Your involvement shows you are committed to supporting your child's learning and development!

How You Can Get Involved in School Activities:

- Become part of the decision-making process for school health policies and practices. For example, ask to join the school wellness team.
- Ask the school to offer opportunities for parents to engage in school health activities, like a districtwide fitness challenge, family nights, or family wellness events.
- Talk with your child about healthy behaviors. Reinforce messages and practices learned in school about nutrition and physical activity.
- Set goals with your child's school or teacher for building strong, positive relationships with peers and adults who can support your child's emotional well-being.

Back-to-school season is an ideal time for parents to reinforce behaviors that help reduce the effects of stressful life events and teach children the skills to overcome them so they can reach their full potential. Access our [parent tip sheet](#) for more information about working with your child's school to create a healthy and supportive environment.

More information

- [Positive Parenting Practices](#)