

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Getting through the School Daze

By Megan Corwin

Getting through the School Daze

by: **Megan Corwin**

Its back to school time again. Does the thought of having to get everyone organized and out the door make you want to send for boarding school brochures? Here are a few tips to help get through that back to school daze.

Making Merry Mornings:

The biggest cause of whining and tantrums in the morning is a sleepy child trying to make a decision. Eliminate the choices along with the grumpiness.

Lay out clothes the night before. This simple action can prevent wasting time looking for a missing shoe or favorite pants that are still in the dryer.

Pack a lunch or put out lunch money the night before.

If family members share a bathroom in the morning, work out a schedule and have them stick to it.

A good nights sleep is essential to reducing some of the morning moodiness. Keep a regular bedtime both parents and children.

Staying Cool At School:

New situations can make children anxious and uncomfortable. Knowing what to expect the first day can ease some of the anxiety.

If the child is going to a new school, attend the orientation session or arrange for a tour of the school. Navigating around a new place can be scary for a child.

Getting through the School Daze

Suggest to the youngster to call friends to find out if they share any classes. What a comfort to have a friend to sit next to in class or in the cafeteria.

Buy only 1–2 new outfits before schools starts. Usually it is still warm when school starts so children can wear last springs clothes, plus this gives the child time to see what is in this year before buying.

Effortless Evenings:

Homework, clubs, sports&Organization is key to keeping track or whats happening and when.

Create a special spot for homework. Setting one location for studying can help with concentration as well as minimize the chance of a book being misplaced.

Have a system for the student to keep track of all assignments and upcoming tests. This system can be as simple as a small notebook where homework for all classes is written down.

Start a family calendar to keep track of PTA meetings, school parties, extracurricular activities, etc.

A daily family ritual can give the child (and parents) something to look forward to. Ideas are a card game after dinner, a walk in the park, or a crafts project.

Written by Megan Corwin, Personal Coach. Visit

or email

to schedule your complimentary 30–minute coaching session and to find

out how a personal coach can help you have more time and energy for the things you enjoy.

A New School Year

By Kimberly Chastain

Depending on where you live school will be starting this month or next month. A new school year is usually exciting and scary at the same time. Most children won't admit it, but they are ready to get back to school and see their friends. As much as I love not having a rigid schedule in the summer, I do miss the structure of the school year. We get up later in the summer and go to bed later as well.

When you think of a new School Year what are your first thoughts? Back to school shopping for clothes and school supplies. A big transition from elementary to middle school, or to high school, even college. A new teacher who you heard is strict or not strict enough? There can often be lots of anxiety with a new school year for parents as well as children.

Can I offer a few suggestions for your back to school list? Remember whose children they are. Yes

Getting through the School Daze

they are our children, but they are God's children. He cares about them and loves them more than we ever could. Pray for your children. Pray for their academics, choice of friends, study habits, and wisdom to make Godly choices. Pray for their teachers. If their teachers are not Christians, pray that God can use you to be an example to their teachers. Pray for the administrators in your child's school. Pray for the safety of your child and all the children at their school. Pray that your children will see a Godly example in you, with how you handle school difficulties or problems with your children. Begin praying with other mothers for their children as well. We don't have to carry the burden alone. Above all remember God is in control. I often have a difficult time remembering that principle.

In closing, God is a mighty God and he cares about our concerns. I often pray on the way to taking my children to school. I pray when my children are having difficulties with friends. God cares about everything in our lives and He truly cares about our children. My mother is a prayer warrior for my children and myself. May we all become prayer warriors for our children. Take your problems to Him and leave them there.

© 2004 Kimberly Chastain

Kimberly M. Chastain, MS, LMFT is the Christian Working Mom Coach and a Licensed Marriage and Family Therapist who specializes in helping Christian women make the most of their lives. She is the author of the on-line course, "I Can't Say No" and Pearls of Encouragement for Christian Working Moms, a free e-book. If you suffer from "I Can't Say `No" Syndrome, visit Kimberly's site today for the details on an exciting email course that's sure to set you free!

The Text Information Box above MUST be included for reprint privileges. You may reprint this article in it's entirety with the attached text box.

Related Content:

A New School Year

Public-school Teachers Know Best ---- They Send Their Kids To Private Schools

Tampa Schools Encouraged -- Student Referrals To County Disciplinary Panel Down

How To Pick A Helicopter School For Training

Saving For Auto Mechanic School

Read more Content at

Related Products:

Help Your Child Succeed In School

People Finder Software

How to become a Chef!

Gate Crash into the Interior Design Industry.

Understanding Acne: Causes, Cures and Myths

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!