

Positive Tips for Going Back to School

Janice Davies – Attitude Specialist

Coping with transition from holiday to school

1. Younger children get tired. Allow them time to rest. You could small reward/surprise at end day/week give them something to look forward to
2. Together start a new time schedule
3. Don't have lots of activities for first few days...let their bodies re-establish a new schedule
4. Let them pick a treat for their lunch book.

Getting them to have a positive attitude

1. Enthuse to create enthusiasm. Talk about their new uniform, clothes, books, friends, teacher, classroom, responsibilities,
2. Remind children they will probably have to share your holiday stories. Ask the children what they enjoyed the most and discuss about sharing their adventure.
3. Remind them about learn new exciting things. Remind children about something they tried over the holidays and achieved and how good they felt when they could do it. Talk about the challenges they may have had before achieving it. I.e. learn how to swim...they could not do it first time.
4. Get children to reflect back to what they loved last year and how they can do more of it or improve this year.

Ideas to help them towards getting the most out of the year

1. Create enthusiasm by asking: What do they want to try that is new?
2. Parents learn to ask open questions. What, Where When, Why How. Turn TV off and ask at dinner table. E.g.: What did you learn/enjoy/try at school today?
3. Discuss their favourite sports person and remind them they still have a job/career and had to learn how to study and set goals and try new things.

Copy and teach them to use their Success Journal (One Page attached)

1. I am great because _____
2. Today I did/achieved ___
3. If felt good because____
4. Next week I will try_____
5. I wish that_____

Tips to help them get the best socially out of school.

1. Remind them they meet with old friends and meet some neat new friends.
2. Discuss that they have friends that they like and have fun with. It is okay to like some people and not others.
3. Discuss that if other children make you feel not okay, it's important to tell your children to talk to you about it. (Bullying tips attached)

Tips to help them get the best academically out of school.

1. Parents, you should know what their child LOVES doing or what their passions are and include these into the conversations about their school topics.
2. Include these same skills they will need in the future lessons. IE... a future prime minister like John Keys...business, history and geography skills are important OR if you want to become a football star like Dan Carter...you will still need to learn to these language and business skills
3. Learn about your children's personalities and weave their other topics at school into their future choices of topics.
4. Encourage them to try new things because, not doing so, they might miss something they love doing.
5. Remember your children are not replicas of you, but their own unique person.
6. Encourage their interests, hobbies, sports and other activities as well.

10 SELF ESTEEM TIPS FOR YOUR CHILDREN

1. Appreciate your child
2. Tell your child that you love them
3. Spend time with your child
4. Encourage your child to make choices
5. Foster independence in your children
6. Giving genuine importance to your child's opinion and listening
7. Take the time to explain your reasons
8. Take time to listen to their reasons.
9. Feeding your child with positive encouragement
10. Encouraging your child to try new and challenging activities

10 TIPS ON HOW TO DEAL WITH BULLYING AT SCHOOL

Statistics now confirm that bullying is a challenge for many children.

1. Listen to your children and ask questions to prompt some discussion.
2. Discuss bullying with your children
3. Ask your children or any of their friends to tell either their parent, friends, teachers or someone about any bullying
4. Tell the children – not to take it personally. It's not just about them...it could be anyone.
5. Tell the children that if it wasn't 'them' who was being bullied, it would be someone else.
6. Bullies are cowards who don't feel good about themselves so try to put others down.
7. Bullies have low self esteem and only pick on others who also have low self esteem.
8. If you are being bullied – list things/tasks/skills/passions/sports anything that you enjoy and you like about yourself.
9. Seek help from any of the services – Lifeline or any other organization.
10. Learn about self esteem and how to boost it in your children.

For more ideas visit: www.attitudespecialist.co.nz – Self esteem and schools
www.internationalselfesteem.com or www.lifeeducation.org.nz

Janice Davies is The Attitude Specialist, who teaches people to be positive and empower themselves. As a Professional Speaker, Success Coach and author Janice educates people at conferences, workshops and through books. Janice is the founder of the global movement International Self Esteem annual awareness day and features in the new True Happiness DVD. Janice has an online products featuring about attitude, goals, stress, happiness, relationships and more. Visit <http://www.attitudespecialist.co.nz> for other complimentary articles and tips.

My Successes Journal



Name _____

Date/Week _____

6. I am great because _____

7. Today I did/achieved _____

8. I felt good because _____

9. Next week I will try _____

10. I wish that _____

11. My goals is _____

Janice Davies – the lady with nice in her name – Attitude Specialist

Signed _____