1. **Reading, Writing, and Relationships.** Troubles with teachers, other students, or a class are just a few of the stresses that can keep kids from enjoying school—and often parents feel helpless to assist their children. Understanding what’s adding to their stress is the first step in understanding what’s going on at school. By helping kids work through their stress you’ll teach valuable stress management tips that will help them throughout their lives. Find the stress busters—and you’ll be giving yourself a break too!

   ★ **Listen and Observe.** The first step is to listen to what’s going on with your kids. Even if they’re not talking, watch for non-verbal cues, or trust your instincts if they just don’t seem themselves. Begin the conversation by casually asking about school. Don’t pressure them, and refrain from pressing for answers. **Being heard and noticed is a stress buster!**

   ★ **Talk about homework and teach time-management skills.** If they’re new to homework, discuss the work with kids before they sit down to work. Talk about what is due tomorrow or next week and help them to plan out how to get the work done. Don’t focus on grades, but rather focus on completion and understanding the concepts of the assignment. Learning to manage their workload efficiently will help them not only succeed in school but in the workforce. **Having control is a stress buster!**

   ★ **Establish a routine.** Set a breakfast and morning routine that works for everyone. It may mean setting out plates and planning breakfast the night before or it may mean getting up a few minutes earlier to help ease morning stress. Try to make mornings calm and be enthusiastic about what’s planned for the day by sharing your plans for the day. Same advice for bedtimes, exercise, and homework. **Keeping routines is a stress buster!**

   ★ **Know the rules.** Understand the rules that your children’s school has in place. What happens if they are late for class? Are electronic devices allowed? What is the dress code for school? Understand the culture of the school so that you can have a solid grip on what’s expected of your children. Your understanding will help them better navigate demands and thrive at school. **Having clear expectations is a stress buster!**

   ★ **“Un-Schedule” kids.** There are wonderful extracurricular activities for your children, but it is just as important that kids take time to relax and have some unscheduled time at home or outdoors. Your children will be relaxed and prepared for the rest of the week when you allow them to have some activity-free downtime. **Unstructured fun is a stress buster!**

2. **Tips for homework.** You can’t do your kids’ homework—you may not even understand your kids’ homework—but you can still help.

   ★ Teach your kids to use a planner to keep track of assignments.
   ★ See if the school posts homework assignments online.
   ★ Create a quiet place to study, free of distractions.
   ★ Have kids study earlier rather than later in the day.
   ★ Ask if the school has resources like study clubs or tutoring.

[Articles taken from Reader’s Digest and WebMD]