

WAYS TO GET YOUR CHILDREN THROUGH THE END OF THE SCHOOL YEAR

BY: [HTTPS://WWW.TODAYSPARENT.COM/](https://www.todayparent.com/)

- 1 As tempting as it is to slip into summer-relaxed mode, don't abandon the routines and structures you've relied on all year. Now that it's light outside later, children may be clamouring for you to move back bedtime, but they still need to be tucked in at a reasonable hour. Regular routines, including healthy snacks and lunches, also help children cope with "the end of the year" mood.
2. Get a head start on preparing your child to make the transition from one grade to another, and from in-school learning to vacations. If your child is struggling at school, schedule a meeting with the teacher and get some suggestions for the summer.
3. Your child might also enjoy writing and illustrating a letter of introduction to next year's teacher, or to a younger student who will be in his/her grade level the following year telling her/him what to expect and how to prepare. Check in with you child's current teacher first, or suggest it as a class project.
4. Encourage your child to reflect back on his/her school year and think about what your child has learned, what was challenging, how your child dealt with it and what your child is proud of. It's a real motivator for children when they look back at their work. It reinforces just how far they've come.

