

A Smooth Transition From Summer to School.

Summer's over and your kids are dreading the new school year. Make the transition from summer to school easier by following these tips:



- **Enforce a routine.** At least three or four weeks before school begins, make sure kids get to bed at an earlier time. Introduce rules about watching less t.v. and eating dinner at a regular time.
 - **Visit the school.** This is especially important if you have a child going to kindergarten or a new school. Go on a tour of the school, let the kids romp around on the playground, and try to meet a teacher or two.
 - **Get them excited.** Tell you kids what they can look forward to at school, from meeting new friends to participating in extracurricular activities. Drum up enthusiasm to counteract the groans.
 - **Set up the night before.** Organize and help pick out the first-day outfit to avoid the morning chaos and rush. Before bedtime, pack a lunch and figure out the morning menu.
 - **Part casually.** This is important for kindergartners and kids going to a new school. Don't let on that you're nervous because you're nervous for them; it will only make them more nervous.
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