



# Village InCK News

**AUGUST 2024**



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## Ways to prepare for Back-to-School

### Upcoming Events

- WIC Breastfeeding Event, iHUB in Eldorado**-August 6th from 3pm-5:30pm
- Open House, Gallatin County School**- August 8th from 6pm-7:15pm
- Toddler Dance Party, Harrisburg Public Library**-August 9th at 10am
- Back to School Night, Jefferson School in Carmi**-August 12th from 5:30pm-7pm
- Dahlgren Parent's Night**-August 12th from 5:00pm-7:30pm
- Back to School Night, Eldorado**-August 12th from 5pm-7pm
- Free Laundry Day, Southern Illinois Laundry in Harrisburg**-August 12th from 2pm-5pm
- Back to School Night, NCOE School**-August 13th from 5pm-7:30pm, grades K-4th
- Back to School Sneak Peak, Fairfield Center Street Building**-August 13th from 4pm-6pm
- Back to School Bash, Dahlgren Community Chapel**- August 18th from 12pm-2pm
- WADI Open House, Harrisburg**-August 20th from 4pm-6:00pm
- Back to School Night, NCOE School**-August 20th from 5pm-7:15pm
- Free Laundry Day, The Wash Room in Mcleansboro**-August 27th from 2pm-5pm, grades 5-8th

- Point out the positive aspects of school**  
Help your kids look forward to the first day of class. Talk about how they will see old friends and meet new ones, for example.
- Develop a healthy sleep routine**  
Help your child adjust to earlier bedtimes a week or two before the new school year starts. Create a bedtime routine that is consistent to help your child settle down and fall asleep. Have your child turn off electronic devices well before bedtime.
- Setting Up a Study Space**  
It's important to have a designated workspace, free from distractions, where your child can concentrate on their studies.
- Build good homework & study habits**  
Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems. Establish a household rule that the TV and other electronic distractions stay off during homework time. Supervise computer and internet use. Schedule ample time for homework.
- Practice and prepare for new skills**  
Help your child adjust to new school experiences. For younger children, practice for lunch by having them unpack and open their own meal. For older children, discuss changes they may experience, such as transitioning to different classrooms or having a locker for their personal items.
- Set your morning routine**  
Mornings are always going to be hectic. But they can be controlled if everyone knows the routine and kids are empowered to do their part. Come up with a morning list for each kid before school starts and put it where they can see it.
- Do something fun**  
Before summer slips away, take the time to do something special with the kids that really feels like summer. Whether it's blowing off work one day so you can all go on a trip or something simple like making s'mores, make sure to have a memory that you'll all be able to look back on once you're in the swing of the school year.
- Make a reward jar**  
Did your kid ace a test or complete a challenging section of homework? A reward jar can serve as motivation to work toward these goals, no matter your kid's age. Write age-appropriate rewards on scraps of paper and toss them in the jar. When your child achieves a goal, let them choose a reward from the jar.

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