



OU ISRAEL PARENTING COLUMN

Michal Silverstein, MS

School Days

When getting a child ready for the school year, there are various checklists. It's a transition, and it takes a while for both parents and kids to acclimate to the new school year routine.

It's a good idea to get your child/children on board with back to school preparations. Ask them to make a list of specific items they may want or need and decide together what is relevant. As kids get older they can buy some of their own school supplies, which will encourage them to take on some of the responsibility. The practical or logistical preparation may seem overwhelming especially when there are many school age children at home. Once you've purchased the books, school supplies and new accessories, enlist the help of your child/ older children to help get the backpacks ready and books and notebooks covered and labelled. Allow your child to really be part of

the process. It can be a fun family activity for siblings to help each other.

Implementing a routine is important on school nights. Having kids on a consistent sleep/wake schedule is essential for them to be well rested. It will allow them to be present and focused during a long day of learning.

Another important aspect to consider is mealtime. In the summer kids tend to snack and eat whenever they want as schedules are more flexible. When school time arrives, it's really important to have healthy well rounded meals planned as well as healthy snacks available for school and after school. Kids generally come home after a long day, tired and worn out so it's good to have cut fruits or vegetables at the ready or anything else with some nutritional value! Some kids may even want a meal when they get home.

Technology has a strong influence on children. As your child enters the new school year you should decide how much screen time is allowed on a school night and on the weekend. You should have parent apps or filters in place to reinforce what was agreed upon. It's preferable for your child to be off of any device an hour before bedtime and not to have screens in bed.

Finally, it's important to have conversations with your kids regarding how they're feeling about the upcoming school year. Make time to connect, ask what they're looking forward to. If there's something they're worried about, concerned about? What can make it easier for them?

SUNDAYS
9 PM IL / 2 PM EDT

TIPS FOR OLIM
28 minutes of taches

OLIM TOOLBOX TALKS
paveway

Register: olimpaveway.com/all-events
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It's important to give space for the unknown and doubts as school begins. And for them to know there's an address for them to express their feelings and emotions. Project confidence in your child and in their ability to navigate this new step!

If you're having a hard time getting into routine, your child missed the bus, or the food wasn't ready when they got home, give yourself some grace. It takes time to switch into school mode.

Be'hatzlacha ■

Feel free to send in any **parenting questions** you may have to parenting@ouisrael.org (Details will be changed to preserve anonymity).

Michal Silverstein has a MS in educational psychology and counseling. She facilitates parenting workshops in and around Jerusalem and maintains a private practice.

Struggling to find the right apartment in Jerusalem?



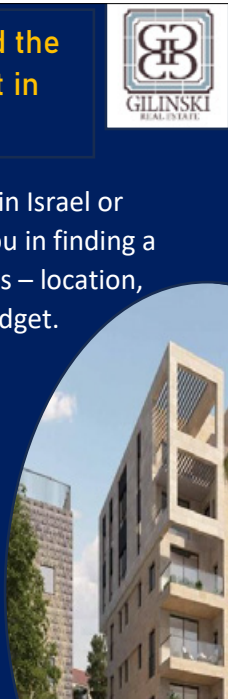
Whether you're in Israel or abroad, I'll assist you in finding a home that truly fits – location, size and budget.

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T03

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THREE free EVENTS
for the Rising! Jewish woman living
in unprecedented times

8:00PM IST/ 1:00PM EST

TUESDAY SEP 9 | 16 ELUL

Rebbetzin Tamar Taback
speaks *to your soul*
* Vision and inspiration *Free 10-part
series release! *Rise! Into your Crown
brand new REVEAL *Nexus receives a
new name *And more

SUNDAY SEP 28 | 6 TISHREI

Rebbetzins of Eretz Yisroel
speak *to your heart*
"What is our feminine Teshuva as
women, this year?" with tributes to the
legacies of Rebbetzins David and
Neustadt a"h

WED OCT 22 | 1 CHESHVAN

Women of the School Speak,
bringing light to vessel
**Graduates celebrate growth and
transformation through words &
creative expression.** Doors Open for
Rise! Into your Highest Feminine
potential 5786

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