

## ***IT'S BACK TO SCHOOL TIME .....***



As summer ends, a new chapter begins for your children.

Many children are apprehensive about entering or returning to school. Remind your child that he/she is not the only one that is a bit uneasy about the first day. Talk about the positive aspects of starting school like seeing old friends and making new friends. Try to discuss their first day with them when they return home.



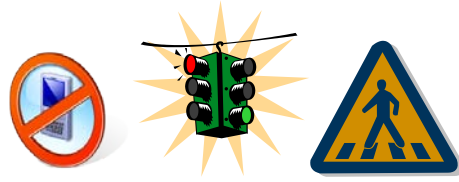
Most children will carry backpacks. When shopping for the annual school supplies, choose a backpack with wide, padded shoulder straps and a padded back. Children should always use both shoulder straps. Slung a backpack over one shoulder can strain muscles. The backpack should never weigh more than 10-20 percent of your child's body weight when full.



Healthy sleep is also important. Adequate sleep will boost your child's energy and enthusiasm. Good-quality sleep may also help your child learn more easily and reduce many behavioral problems. Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours. It is usually easier said than done, but try to set a regular bed time each night and stick to it. You may also want to avoid giving your child any food or drink with caffeine less than six hours before bedtime.



For those of you who may have teenage drivers, you may want to remind them about safe driving. Using cell phones while behind the wheel is extremely dangerous. Some of our local communities may also prohibit usage altogether while driving. Have them keep the cell phone with them in the car for emergency situations only. You may also want to limit the number of passengers they have to a minimum for less distraction. As much as they do not want to hear us say it over and over....they should also remember to wear their seat belts and obey all traffic laws and don't speed.



**Most of all – Have a safe and happy school year.**



Any advice provided in the articles appearing in Women's Corner is for informational purposes only and should not be considered a recommendation. It is the opinion of the author and not the opinion of Huntingdon Valley Bank.