

Here are my *"4 important Tips For Success In Dealing With Back-To-School Stress: Nursery School Thru College"*

1. A Nursery School student that sees his or her parents talking with a teacher is reassured that this stranger is someone they can trust. School is cool.
2. A Middle Schooler whose parents attend parent-teacher conferences will soon learn that his or her parents are part of the process and it's a team approach. When things get tough, the team will forge ahead.
3. A High School student needs your help to have all the tools to be especially well organized. He or she needs to know that it's all good and that the 'High School thing' is do-able. Keep schedules organized and it's all good.
4. A College Student needs to be confident that his or her parents are only a phone call, video chat, email or skype session, away. Set up scheduled times to touch base weekly and check in with each other. Being apart doesn't mean that they have to fall apart. Interestingly enough, this 'distance' has been know to bring families much closer together.

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