



Transitioning Back To School After Divorce

The transition back to school is an important time to set up systems and routines, lay out expectations for every member of the family and establish a sense of predictability. While every situation will look different, there are some steps that parents can take to make back to school transitions smoother for their children.

- **Create a visual calendar** that lets kids see which parent they'll be with each day of the week, doctor appointments, after-school activities, etc. The simple visual aid helps put the child's life in context, letting them know what's coming next and reducing their anxiety.
- **Parents should also keep a shared calendar.** There are numerous co-parenting focused apps available for download that provide a shared calendar, or you can use Google Calendar so that each parent can mark important school dates, medical appointments, children's activities, etc.
- While no two homes are the same, **as co-parents you can establish some basic morning, after-school and bedtime routines.** Also, it's essential to have clearly laid out policies on homework, watching television, playtime and meals that are consistent in each household. If you can set up similar guidelines in both houses, your kids will know what's expected.
- **Prep the teachers.** To minimize confusion, inform your children's teachers of their family situation no matter the age of the child. Provide an overview of their routines - who'll be dropping them off and picking them up each day. Also, alerting teachers about the divorce gives them an opportunity to show understanding and emotional support if the child shows stress, is distracted, not completing homework or acts out.

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MEET SARAH



Sarah Contarini, Associate Director of Development, joined KITM in August 2016. She has been in the non-profit and fundraising community for about five years. She enjoys coming to work each day knowing that she is helping to make a difference in the community. As a child of divorce, she is passionate about the Agency's mission. Sarah's hobbies include napping, trying new local restaurants and attending St. Louis Cardinals games with her fiancé.

BACK TO SCHOOL ORGANIZATION



Keeping your kids organized when they are in school can be hard work! Between homework, student activities, and the endless amounts of paperwork it can get disorganized and cluttered really quickly. Below are a few back to school organization ideas and year round school organization ideas to help keep things organized and

make life a little easier:

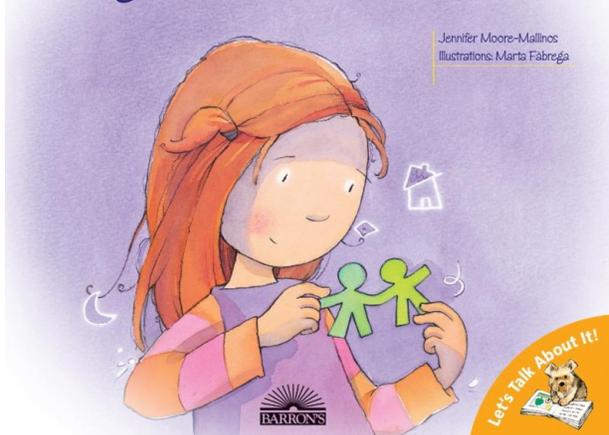
Clothes Organization System: Make your mornings go a little smoother by sorting your kids clothes by day of the week! You could do this on Sundays and have your kids clothes organized for the whole week. One great tip to make going to school a little easier!

Homework Caddy: Using a caddy is a great way to keep school supplies organized and in one place! Plus having a caddy makes it easy to transport your kids' school supplies anywhere you need to!

"Need to Sign" Holders: Do your kids come home and unload a pack of papers that need to be signed on the kitchen counter? And then they get lost in clutter from the day? Eliminate the stress of losing papers that need to be signed and create a designated need to be signed organization station. A magazine holder is such a great way to do this and they are super cheap!

When My Parents Forgot How to Be Friends

When My Parents Forgot How to Be Friends



Young children become confused and hurt when their parents constantly argue, then decide to divorce. This book assures boys and girls that children are in no way responsible for their parents' divorce or separation. It lets kids know that although one parent chooses to move away from the home, both parents continue to love their little boy or girl. Both Mom and Dad will continue to spend happy times with them. Even very young

children have concerns and anxieties and this book is written and illustrated especially for them.

[PURCHASE BOOK](#)

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