

Ten Tips for Ensuring a Healthy, Safe and Happy School Year

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[Twittermoms](#) and Airwear have asked us to post our **Ten Tips for Ensuring a Healthy, Safe and Successful School Year**. This is in promotion of Airwear's essay contest at www.LighterSaferGreener.com. Airwear and fellow TwitterMom, Beth Aldrich, are sponsoring an essay contest for consumers, encouraging parents and care-givers to share how they plan to help their kids live a healthy, safe and successful school year. Families can submit their thoughts by visiting LighterSaferGreener.com. One grand prize winner will be awarded \$1,000, while 10 first prize winners will receive vouchers for Airwear lenses valued up to \$400. On LighterSaferGreener.com can learn more about Airwear's eco-friendly practices and view more of Aldrich's tips to ensure kids have a healthy, safe and successful school year.

These are the my Top 10 Tips

1. Make sure your child gets a good breakfast every morning. This helps give them the fuel they need to have a good day.
2. Keep an open dialogue with your child's teacher. This keeps you in the know of what is going on in your child's school life. The teacher is more likely to tell you about your child's if they know you care.
3. Watch your child for any signs of trouble your child may be having. If you spend time with your child on a daily basis you can see any changes in your child.
4. Make sure your child gets enough rest. If your child is rested they can learn more. It is hard to concentrate when you are tired.
5. Make sure your child gets a healthy lunch.
6. Eat supper with your child every night. You can learn a lot by listening and what better time to talk then at dinner time.t
7. Help your child with their homework. You will know what is going on at school and can learn if your child is having problems with a subject.
8. Let your child do something after school to unwind before starting their homework.

9. Talk to your child about safety on the computer and monitor their activities.
10. Keep an open line of communication with your child. This way they feel safe telling you anything.

I wrote this blog post while participating in the TwitterMoms and Airwear blogging program, making me eligible to get a \$25 gift card. For more information on how you can participate, visit <http://airwear.twittermoms.com/about> .

Jana

<http://www.wellsphere.com/parenting-article/ten-tips-for-ensuring-a-healthy-safe-and-happy-school-year/1176637>