



Back to School- A Day and Week of Mixed Emotions

Today I was given the opportunity to see my 10-year granddaughter off to her first school day in Grade 5. She was so excited, wearing her new outfit and shouldering her new carrying bag that had more pockets than even her imagination could fill. It was a blessing that every parent and grandparent should enjoy.

Unfortunately many dads and paternal grandparents are unable to enjoy these magical moments or even share a loving and supportive 'have a great day' send off this morning. I sometimes think that it is those little moments that I sometimes failed to recognize in an intact family that I missed most after the separation.

For many of my dads today may be at best a melancholy day. To those who are feeling that way please know that your feelings are perfectly normal and you have lots of company in your journey to enjoy full involvement as a parent to your children.

I am going to suggest a few ideas/lessons for the upcoming school year.

- 1. DO NOT FORFEIT THE SCHOOL TO THE OTHER PARENT.**
- 2. WHAT IS THE NAME (S) OF YOUR CHILDREN'S TEACHERS? KNOW THEM FOR CONVERSATIONS WITH YOUR CHILDREN! ADD THE NAMES OF OTHER KEY PLAYERS IN YOUR CHILDREN'S LIFE AT SCHOOL.**
- 3. ATTEND ALL SCHOOL EVENTS. BE SURE THAT YOU GET A CALENDAR OF SCHOOL AND CLASSROOM EVENTS.**
- 4. CONSIDER BEING A PARENT VOLUNTEER FOR SCHOOL TRIPS. ALTERNATE TRIPS WITH THE OTHER PARENT. REMEMBER THOSE P.A. DAYS.**
- 5. SCHOOL AND TEACHERS OFTEN PREFER THE EASY WAY. YOU MAY HAVE TO BE PERSISTENT TO THE POINT OF ANNOYING TO GET WHAT YOU NEED FROM THE SCHOOL. DO WHAT YOU HAVE TO DO! DON'T LET THE SCHOOL PUSH YOU OFF THE END OF THE BENCH AND DON'T VOLUNTARILY JUMP OFF!**
- 6. MAKE SURE YOU ARE ON THE PHONE LIST FOR YOUR CHILDREN. ESPECIALLY IF YOU ARE IN THE AREA. IN THE SECONDARY SCHOOL MANY DADS FIND OUT TOO LATE THAT THEIR CHILDREN ARE IN TROUBLE i.e. TRUANCY, BEHAVIOR.**
- 7. YOUR CHILD'S REPORT CARD IS YOUR GATEWAY INTO THEIR LIFE. IT TELLS YOU JUST ABOUT EVERYTHING; WHAT THEY EXCEL AT: WHERE THEY NEED SUPPORT: WHAT THEY LOVE TO DO: WHO THEY LIKE TO BE WITH.**

SEE TODAY AS A DAY OF OPPORTUNITY TO GROW YOUR KNOWLEDGE, INVOLVEMENT AND SUPPORT FOR YOUR CHILD. PREPARE YOURSELF, STAY CALM AND KEEP YOUR EYE ON THE PRIZE< NAMELY> THE HEALTHY DEVELOPMENT OF YOUR CHILD AS A RESULT OF YOUR POSITIVE INVOLVEMENT IN THEIR DAILY LIFE!

CALL US FOR HELP!

Kids 'n' Dad services families in the Waterloo Region. Its goal is to ensure that children from a separated family have two parents co-operating and actively supporting them as they develop and mature into adulthood.

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