



The Back To School Challenge: Plan Ahead!

For divorced parents and families who have experienced a transition during the summer, trying to get life running smoothly can present challenges. Getting back into the school year routine and managing homework and extracurricular activities adds to those challenges, especially if your child is faced with attending a new school because of the family transition.

The Law Office of Brigid A. Duffield, P.C. offers all parents these suggestions to help you AND your children successfully navigate the start of the new school year.

Be Patient. "Back to school" can be a big transition for any child, especially if a new school with new friends is involved. It's even more challenging if it also includes a change in the family dynamic or the introduction of two homes to work from. Your child may seem to be distracted or disorganized, and may even appear to lose ground academically. Practice patience and empathy and put yourself in their shoes, many children are living a schedule that a parent would not want to do themselves. Do your best to help your child stay organized by being organized yourself.

Keep the Lines of Communication Open.

With your child: Talk with them about the new routine, and give them the confidence to help them manage new situations. Share age appropriate information with them in a manner that's simple and open.

With the school: Schools face communication issues that can come with separated or divorced households. Help them help your family by making it a point to provide current contact info for **both** parents to the teacher(s) and the Principal. This is easily be done via email. If there is a "bonus" parent in the picture, (i.e. a stepparent or grandparent) their contact information should be included too. The school should know that all parties want to be involved and stay informed.

With your co-parent: Families in transition often comment that their communication is "non-existent". The goal is to find a means of communication which can reduce conflict and generate better results for everyone involved. Our experience mediating with couples in conflict and with a limited communication skill set between them, confirms that a shared, common calendar on a "neutral platform" i.e., Google or other platforms, can prevent 11th hour problems. Information can be shared without requiring the direct contact that can generate negative reactions and feedback. The following are some of the most widely used:

- **2houses:** \$9.99/month, per family
- **CoParently:** \$9.99/month, per parent
- **Cozi Calendar** Free

Important Dates **and INFORMATION**

Schools start early this year...Check your calendar so schedules are in place!

DCBA Golf Outing

August 22, 2019
Cantigny Golf Course
27W270 Mack Road
Wheaton

12 Noon: Lunch/Registration
1:00 pm: Shotgun Start
6:00 pm: Cocktails & Dinner Buffet
7:30 pm: Raffle Drawings & Awards

Contact:

Robert Rupp
rrupp@dcba.org
630-653-7779

Vintage Baseball

August 24, 2019
Cantigny Park
Parade Field
1 S151 Winfield Rd
Wheaton
1:00 pm-4:00 pm

Enjoy an afternoon of America's pastime as it was played more than 100 years ago! The rules of 1858 apply as the DuPage Plowboys take on the Sunset Hill Colonels (Valparaiso, IN). Admission is FREE with parking fee.

For more information:
[Cantigny Park Events](#)

- **Google Calendar** Free
- **Our Family Wizard** \$99/year, per parent
- **AppClose.com**: Free
- **Custodyxchange.com**: Prices vary
- **CustodyToolbox.com**: \$50 per download
- **Family Crossings.com**: \$39/year, per account
- **OPTIMAL Parenting Time**: \$149/month, per account (up to 10 users)
- **Talking Parents**: Free
- **TimeTree App**: Free

Be Proactive and Stay Proactive. Keep it together for your children throughout the transition process! Assess and pick the battles that need to be fought, and step away from those that don't. Be proactive in getting the information you need from your child's school, teacher, tutor, doctor - don't wait for it to be "served" to you. Change is tough on everyone, and especially on children who don't have the life experience to process things, so be proactive in making sure your child knows they have your love and support. When you're proactive, supportive and enthusiastic about any challenging transition in life, you're modeling positive behaviors and values for your child and setting them up for success. And isn't that what we all want for our kids?

Labor Day Weekend 2019

August 31-September 2

DCBA Fishing Trip

September 21, 2019

Herrick Lake Forest

Preserve

38580 Naperville Rd

Wheaton

8:00 am-1:00 pm

More details to come!

To be put on the event list,

contact:

Jeff Jacobsen

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331-222-9529



P.S.: Back To School Tip/Tradition:

"I can hardly wait to get up early every day and have homework to do", said no kid. EVER. Take a little of the drudgery out of the prospect of going back to school by celebrating with a 'School Year's Eve' party! The weekend before school starts, allow the kids to create their own festive event with balloons, streamers, games, even a fashion show with all their new school clothes. Have some fun and create a new tradition they'll look forward to each year!

"Sometimes it's our own attitude that makes all the difference in a tricky situation." ~ Unknown

The Law Office of Brigid A. Duffield, P.C. wishes you a positive and challenge-free school year without conflict!

Brigid A. Duffield

Attorney/Mediator/Speaker/Author

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