READINESS TIPS FOR BACK-TO-SCHOOL

State of Arizona Government
State of Arizona Department of Education
Early Childhood Education
Early Childhood Education, K-3 Homework Help
Immunizations (School and Child Care)
Resource Center - Parents and Students

School District Information or visit UA Life & Work Connections
Site Index (by A-Z Topic)

Federal Government
• Disability.gov (the U.S. government’s official web portal containing disability-related resources on programs, services, laws and regulations)
• Education (all resources listing)
• USA.gov (the U.S. government’s official web portal)
Back to School
• United States Department of Education
Parent Power (preschool, elementary, middle & high school tips and resources for parents)
Get in Gear for the New School Year
• United States Environmental Protection Agency
Reducing Waste – Back to School

School and Health
• Allergist (American College of Allergy, Asthma and Immunology – ACAAI)
Back to School Health Tips 101
• American Diabetes Association
Diabetes Care at School: Back to School Tips
• American Psychological Association – Help Center
Dealing with the Back-to-School Blues?
• Autism Speaks

Back to School: It’s Transition Time!
• National Center for Learning Disabilities
Six Ways to Get Your Child Back Into the Learning Groove
• National Institutes of Health Medline Plus
Back-to-School Health Tips: Exercise and Sleep
• National Sleep Foundation
Back to School Sleep Tips

Libraries
Pima County Public Library (Tucson and Surrounding Areas)
Homework Help
Freetal Music - free, legal downloadable music with your library card
Encyclopedias
Studying for a Test

Phoenix Public Library
Homework Help/References
Freetal Music -free, legal downloadable music with your library card

Associations and Organizations
• About Our Kids - The New York University Child Study Center
Back to School: How Parents Can Ease the Way for Every Kid
• American Academy of Pediatrics
Back to School Tips
• Great Schools
Ten tips for smart back-to-school shopping
• Kid’s Health
Going Back to School
• News for Parents
Back to School Homework Tips

UA Life & Work Connections’ Child Care and Family Resources at the University of Arizona is pleased to support greater Tucson and Phoenix area employees and students in planning for the 2014/2015 academic year. Consider this sampling of adult and youth resources for assistance in:
• making a successful transition from summer time activities to fall school readiness
• encouraging student achievement throughout the year
• learning about related topics such as vaccinations and health management in a school or child care environment

Child care and flexible work arrangement consultations are available upon request. We wish you and yours an enriching school year.
EARLY CHILDHOOD AND ELEMENTARY EDUCATION RESOURCES

- American School Counselor Association
  Back-to-School Tips
- Consumer Reports
  “Babies and Kids” - Resources
- National Association for the Education of Young Children (NAEYC)
  Early Years Are Learning Years
  For Families
- National Association of School Psychologists
  Back-to-School Transitions: Tips for Parents
  National Crime Prevention Council
  Parent Section (includes school & bicycle safety)
- Parent Teacher Association (PTA)
  Helping Children Be Their Best
  Hints to Help Reduce Homework Stress
- Reading is Fundamental (RIF)
  Literacy Resources (activities, booklists, articles and more)

All of the information on the previous page, plus
- About Our Kids - The New York University Child Study Center
- Promoting Friendships for Preschool Children with Special Needs

VOCTORIAL, COLLEGE AND UNIVERSITY EDUCATION RESOURCES

- Lo Que Pasa (campus-wide publication at the University of Arizona)
  Back to School: Juggling School and Work Can be Stressful But Manageable
  Back to School Series: UA Employees
- Market Watch
  Adults in Session - Tips for Grown Ups Heading Back to School
- Pima County Public Library (Tucson and Surrounding Areas)
  Resources: Colleges and Universities
- Phoenix Public Library
  College Depot: Free Full Service College Planning
- United States Department of Education
  College for My Child
  Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities

MIDDLE & HIGH SCHOOL EDUCATION RESOURCES

- American School Counselor Association
  The Transition to Middle School: Tips for Parents
- Great Schools
  Helping Your Middle Schooler with LD Transition to High School
  Your High Schooler and Science
- National Center for Learning Disabilities
  Tips for Teens on Getting Organized
- National Education Association

All of the information on the previous page, plus
- A Parent’s Guide to Helping Your Teen Get the Most Out of High School
- News for Parents
  Transitioning to Middle School
- Parent Teacher Association (PTA)
  What Parents Should Know – And Do – About Homework
- Public Broadcasting Service (PBS): It's My Life
  Middle School Resources
  High School Resources