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FOR IMMEDIATE RELEASE

BACK-TO-SCHOOL CAN BE A HECTIC TIME FOR THE ENTIRE FAMILY Plan Ahead and Raise Your Household Grade

Every year, summer comes to an end, and eager children return to the classroom. Back-to-school means back to a daily routine. Planning ahead can help families adjust to the new busy schedule. This school year, G4 Publishing of Tinley Park, IL, (<http://www.thefamilyplanner.com>) wants to make sure every household is prepared by providing ten simple back-to-school tips.

“Back-to-school is an exciting time for both parents and children, however, it can be a stressful time as well,” says Patty Grenda, creator of The Family Planner (<http://www.thefamilyplanner.com>). “As a parent, certified teacher, and business owner, I have learned over the years that proper planning and preparation can alleviate the stress in most situations. It is my hope that the following tips will help families adjust to the upcoming school year and make for a smooth transition.”

10 Simple Back-to-School Tips:

- Practice getting the children up early one week prior to the first day of school.
- Pick out school clothes the night before. Involving children in the decision-making will save valuable time in the morning.
- Prepare lunches in the evening together as a family. Children love to help out in the kitchen.
- Limit caffeine and sugar intake after dinner. Either can have a negative effect on some children and their ability to fall asleep.
- Reading with your children before bed is a perfect opportunity to wind down and spend quality time together while enjoying a good book.
- Pick a designated spot in the home for doing homework. This “homework spot” should be quiet, well lit, and contain all the basic school supplies.
- Have children do homework after school when the lessons are still fresh in their minds. Leaving homework until the evening hours can be counterproductive.
- Offer a healthy snack before or during homework since children are most content on a full stomach.
- Put completed homework directly into backpack to avoid any missing assignments.
- Use a daily planner to keep school functions and extra-curricular activities organized throughout the school year.

Patty Grenda, President of G4 Publishing, has been quoted in newspapers and magazines nationwide with her planning and organizational tips. Grenda, the planner’s creator, has been seen several times on *ABC 7 News in Chicago*, as well as heard on, *The Mom Show at World Talk Radio*. She will continue to offer organizational tips throughout the year to help families strive to simplify their lives.

The Family Planner is a full-size daily planner that begins in August with the new school year. It was specifically designed by a teacher with today’s busy family in mind. Its user-friendly format makes The Family Planner a great organizational tool for the entire family. The weekly view and spacious daily columns make even the most overwhelming schedules manageable. For long term planning, The Family Planner now contains a monthly calendar. This new feature is just one of the endless benefits this unique planner has to offer. The Family Planner helps keep stress out of the home by offering a planning system that really works!

More information is available from Patty Grenda at 708.528.2345; 17648 Pheasant Drive, Tinley Park, IL 60477; g4publishing@thefamilyplanner.com.

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