

Is Your Child Overloaded?

Now that the new school year has begun, children and parents will soon be immersed in the daily routine of school life. In addition to attending school, extracurricular activities such as soccer, ballet, gymnastics, music, religious school, tutoring, and lots more will fill evenings and weekends for both children and parents. As soon as the school day ends, many children of all ages are whisked off to their various after school classes. Some even gobble down their dinner in the car between lessons. Once the activities are over, it's time for homework...when is it too much? How can you tell that your child is on "overload?"

When you finally do get home after an active day, it's expected that your child will be tired, but he/she shouldn't be exhausted. If he/she doesn't want to finish dinner, is resistant to completing homework, doesn't want to take a bath and just wants to go to sleep, you probably should think about making a change to your child's schedule. Initially, you could be met with some resistance, especially if he/she loves all of their activities. Make a list, including homework time. Sit with your child, and discuss what needs to go and what can stay. The compromise will be that you can always make changes, after the various sessions end. If you are in the middle of a session, continue until it ends. Don't give the message that it's all right to quit.

The main focus of school is to teach children to learn mathematics, write, read, and spell. Extracurricular activities will allow your children to explore sports, music, art, etc. All of these subjects are important, but they should be equally balanced. Many parents today have decided to slow down. They find that their lives have become less of a rush and more relaxed. Also, they are spending quality time with their children. Family time should be included in your daily or weekly schedule. Don't fill up your calendar every day of the week; leave some spaces for your children to be children. Allow them to play and be creative or spend time with you. Doing projects such as baking cookies, creating beautiful pictures to put on the refrigerator, designing cards for grandparents, or playing ball in the garden or park are all important and special moments in your child's life. Children grow up quickly and soon will be consumed with friends and activities that don't include parents. Now is the time to enjoy them.

At Woodcrest School, our well balanced curriculum enables children to enjoy many creative activities, in addition to our solid foundation of basic academic knowledge and study skills. Our classes include music, dance, art combined with art history, swimming, P.E., computers, Spanish, and science. Our after-school activities range from princess spa to chess club to study hall. Having a solid program and strong extracurricular activities enables our students to accomplish all of the things they love to do without having to travel all over town.

Shosh Byron
Executive Director