

A Parent's Back-to-School Guide for a Great Year

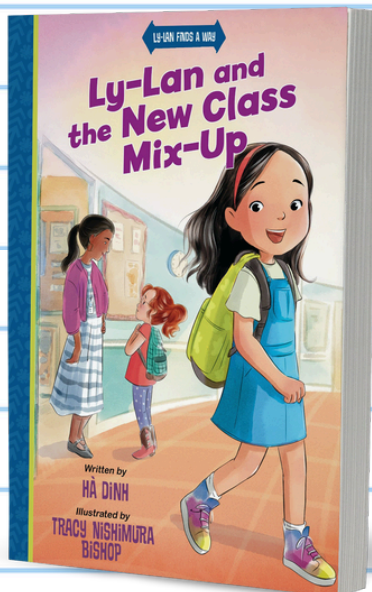
Starting a new school year is a big adventure!

It's a time filled with fresh pencils, new backpacks, and a mix of excitement and maybe a few nerves—for kids and parents

alike. As we prepare our children for the year ahead, we can find wonderful lessons in

stories like ***Ly-Lan and the New Class Mix-Up***.

This guide offers practical and faith-filled tips to help your family navigate the school year with confidence, grace, and a whole lot of fun!

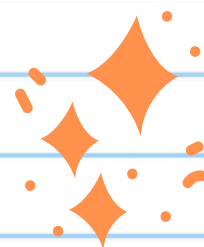




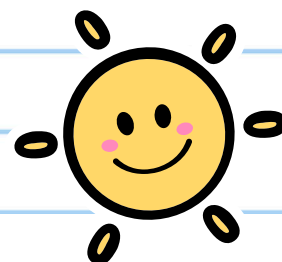
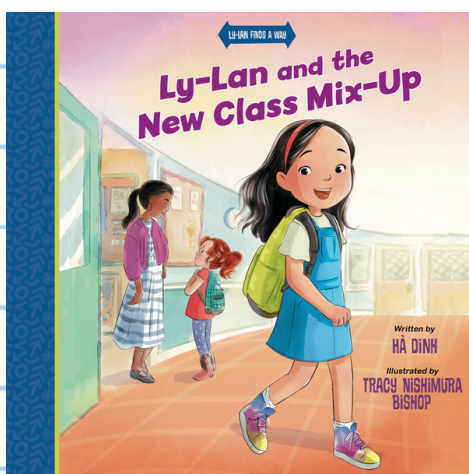
Embracing Change with a Positive Heart



Just like Ly-Lan faced the surprise of her best friend Cece being put in another class, our children often encounter unexpected changes at school. A new teacher, different classmates, or a classroom on the other side of the building can feel like huge obstacles.




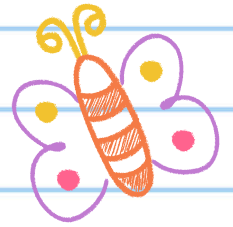
This is a perfect opportunity to teach them about trusting that even when things don't go as planned, there's a bigger, wonderful plan at work.




GET THE
AUDIOBOOK!




How to Help Your Child Embrace Change:



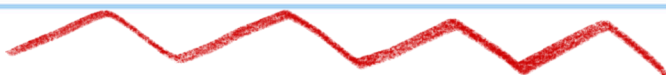
Acknowledge Their Feelings: Start by validating what they're feeling. Phrases like, "I can see you're nervous about not having your best friend in your class," show that you're listening and you care. It helps them feel safe to share their worries.



Frame it as an Adventure: Talk about the new year as an exciting journey. You could say, "Wow, a new class means a chance to make even more friends!" or "A new teacher means we get to learn new things in a whole new way."

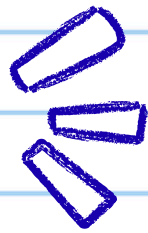


Pray Together About It: Introduce the idea of talking to God about their worries. A simple prayer can make a world of difference. Try something like, "Dear God, thank you for this new school year. Please help us to be brave and see all the good things you have planned for us, even the surprises. Amen." This teaches them to lean on faith when they feel uncertain.





Building a Foundation of Strong Routines



A predictable routine is like a cozy blanket for a child—it provides comfort and security in a world that can sometimes feel chaotic.

Consistent schedules for waking up, homework, and bedtime help reduce stress and create a stable environment where your child can thrive.



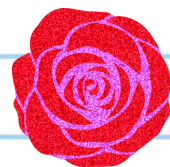
Creating Routines That Work:



Start Before School Starts: Don't wait for the first day of school to implement new schedules. Begin transitioning to earlier bedtimes and wake-up times a week or two in advance. This makes the first morning much smoother for everyone.

Establish a "Launch Pad": Designate one spot in your home—maybe a bench by the door or a set of cubbies—where backpacks, lunchboxes, shoes, and jackets always go. This simple trick can eliminate those frantic morning searches for a missing library book or sneaker.

Create a Homework Haven: Set up a quiet, well-lit space for homework. Make sure they have all the supplies they need, like pencils, paper, and crayons. A consistent time and place for schoolwork helps build discipline and focus.








Fostering Friendships and Community

One of the central themes in Ly-Lan's story is the **power of community** and the **joy of making new friends**.

School is a primary place for children to develop social skills. As parents, we can guide them in building healthy, kind, and supportive relationships.



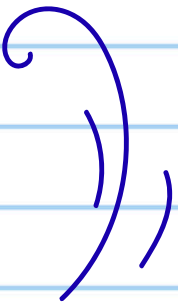
Tips for Nurturing Social Skills:

- 
- **Role-Play Social Situations:** Practice simple scenarios at home. How do you ask someone to play? What do you do if you see someone sitting alone? How can you introduce yourself? Acting these out in a safe space builds confidence for the real thing.
 - **Encourage Kindness and Inclusion:** Talk about what it means to be a good friend. Read *Ly-Lan and the New Class Mix-Up* and discuss it. Remind your child to look for classmates who might be feeling lonely and to offer a friendly smile or an invitation to join in a game.
 - **Connect with Other Parents:** Building a community isn't just for kids! Get to know the parents of your child's classmates. Exchanging numbers or organizing a simple park playdate can help foster friendships outside of school hours and provides you with a valuable support network.
- 
- 





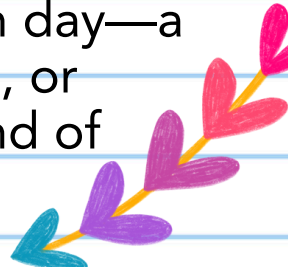
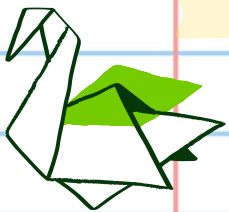
Keeping the Lines of Communication Wide Open



Knowing what's happening in your child's world is key to supporting them. But getting more than a one-word answer to "How was school?" can be a challenge! Creating habits of open and honest communication builds a foundation of trust that will last a lifetime.

How to Encourage Your Child to Share:

- **Ask Specific, Open-Ended Questions:** Instead of the generic "How was your day?", try more specific questions. For example:
 - "What was the funniest thing that happened today?"
 - "Tell me something new you learned in science."
 - "Who did you sit with at lunch?"
 - "What was the most challenging part of your day?"
- **Listen Without Judgment:** When your child does open up, listen attentively. Put your phone down, make eye contact, and give them your full attention. Let them share their stories and feelings without interruption or immediate problem-solving unless they ask for it.
- **Share About Your Day:** Communication is a two-way street. Share a little bit about your own day—a funny moment, a small challenge you faced, or something you learned. This models the kind of sharing you hope to see from them.



Anchoring Your Family in Faith

Throughout all the ups and downs of a school year, faith can be a powerful anchor. Weaving prayer, gratitude, and trust in God into your daily life provides your child with a source of strength and comfort that goes beyond what you can provide alone.

Simple Ways to Integrate Faith:

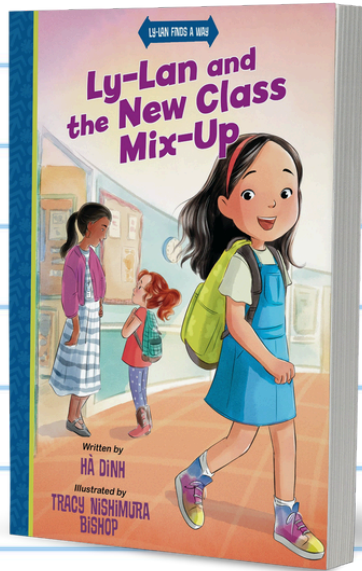
- **Nightly Reflections and Gratitude:** Make it a habit to share three things you're thankful for at the end of the day. This simple practice shifts focus toward the positive and helps cultivate a grateful heart.
- **Pray for Their School Community:** Pray for your child's teacher, classmates, and principal by name. This teaches empathy and helps your child see their school as a community they can contribute to in a positive way.
- **Trust in the Bigger Plan:** Remind your child (and yourself!) that God has a wonderful plan for their life. When challenges arise, you can refer back to stories like *Ly-Lan and the New Class Mix-Up*, where a mix-up led to new friendships and unexpected blessings. It's a beautiful reminder that we are cared for, even when we can't see the whole picture.

The new school year is a fresh chapter waiting to be written. By creating strong routines, encouraging friendships, fostering open communication, and grounding it all in faith, you can set your child up for a year of growth, learning, and joy.

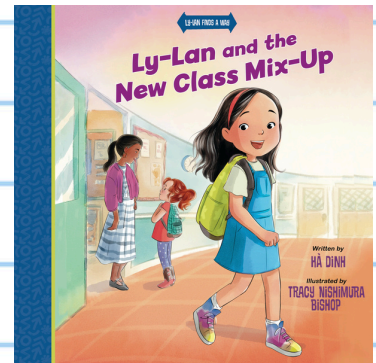
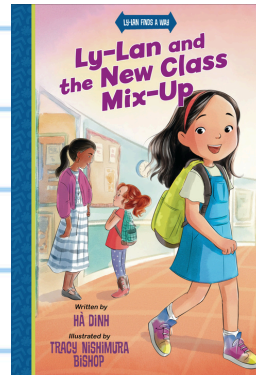
Ly-Lan Finds a Way

Early Chapter Book Series

BOOK 1

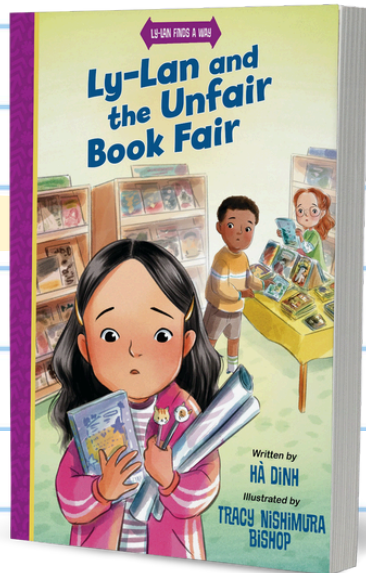


Paperback - 9780310174899
Ebook - 9780310174912
Audiobook - 9780310174936



COMING JANUARY 2026

BOOK 2



Paperback - 9780310174905
Ebook - 9780310174950
Audiobook - 9780310174974

