



# Get in gear for a successful year with expert guidance

(NC) Getting your kids ready for a new school year can be chaotic, but it's important to remember there's more to prepare for than stocking up on new school supplies. Creating a home environment that promotes concentrated learning and encourages a positive distraction-free study atmosphere is just as important. Indigo's Trusted Advisors program is a great resource for parents, providing them with dependable and easily accessible books recommended by approved experts on parenting and health. To help your family start the year off right, here are some tips from Chapters, Indigo and Coles.

Providing a clean and organized work space can lead to more constructive and efficient study habits at home, according to Indigo Trusted Advisor-approved author and ADD expert Dr. Edward M. Hallowell in his book entitled *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*. Let Indigo help organize your workspace with colour-coordinated home organization tools, such as baskets, magazine racks, pen holders and boxes in various sizes.

Create an 'activity menu', charting different activities your children participate in such as everyday chores, and after school activities so they can help to manage their own schedule and develop feelings of independence and responsibility. Check out Indigo's wide assortment of colourful calendars and bulletin boards to help make time management fun!

A balanced diet and an active healthy lifestyle play large roles in helping children thrive at school and at home. The Trusted Advisor-approved Heart and Stroke Foundation of Canada's *Fit Kids* guide, written by Dr. Mary L. Gavin provides tips and guidance on how to bring health and fitness into the lives of toddlers, kids and teens, such as making sure to provide them with a healthy snack after school. Fresh fruit or cheese will tide them over until dinnertime and provide an energy boost to help get through homework.

It's also necessary to promote play time to allow your child to enjoy some downtime after a long day. Music is a great way to relax and with Indigo's wide selection of iPod products, your child can enjoy music at home after school. In fact, many children can use music to block out other external distractions and listening to music while studying can be beneficial.

How your child behaves at home can be drastically different from how they act at school. Watching carefully for signs that

your child is a bully or is being bullied are crucial in relation to their success in the classroom. Trusted Advisor-approved author Barbara Coloroso, offers helpful tips for parents dealing with these and other disciplinary issues in her new book *Just Because it Isn't Wrong Doesn't Make it Right*.

For more information on the Indigo Trusted Advisor program, or for great back-to-school essentials, visit your nearest Indigo, Chapters or Coles store or go online at [www.chapters.indigo.ca](http://www.chapters.indigo.ca).

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