

spring break parents guide

spring break parents guide is your essential resource for navigating the busy and exciting spring break season with your children. Whether you're planning a family getaway, managing teens eager for independence, or seeking safe and fun staycation ideas, this comprehensive guide covers everything parents need to know. From vacation planning tips and safety advice to budgeting strategies and activity suggestions, you'll find practical information designed to help families make the most of their spring break. This article addresses common concerns, highlights top destinations, and offers expert guidance for a memorable and stress-free break. Read on to discover how to balance relaxation, fun, and safety during spring break, ensuring your family enjoys this special time together.

- Understanding Spring Break for Families
- Planning a Family-Friendly Spring Break Vacation
- Safety Tips for Parents During Spring Break
- Budgeting for Spring Break: Parental Strategies
- Fun Staycation Ideas for Spring Break
- Managing Technology and Screen Time Over Break
- Top Spring Break Destinations for Families
- Healthy Habits and Routines During Spring Break
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Understanding Spring Break for Families

Spring break is a popular annual tradition, often coinciding with school holidays in March or April. For families, spring break presents a valuable opportunity to reconnect, recharge, and create lasting memories. However, it can also bring unique challenges, from coordinating schedules to managing expectations. Parents are often tasked with balancing their work commitments, children's activities, and the desire for both relaxation and adventure. A well-prepared spring break parents guide provides strategies and insights to help families maximize their time together, avoid common pitfalls, and ensure a safe, enjoyable break for everyone.

Planning a Family-Friendly Spring Break Vacation

Choosing the Right Destination

Selecting a destination is the first and most crucial step in planning a successful spring break trip. Consider locations that cater to family interests, ages of children, and activity preferences. Look for destinations offering a mix of outdoor adventures, cultural experiences, and relaxation opportunities. Researching travel advisories, weather conditions, and local attractions ensures your chosen spot aligns with your family's needs.

Accommodation Options for Families

Family-friendly accommodations can make or break your spring break experience. Consider options like resorts with kids' clubs, vacation rentals with kitchens, or hotels offering suites and family packages. Amenities such as pools, playgrounds, and on-site dining simplify logistics and enhance relaxation for parents and children alike.

Travel Planning and Packing Tips

Efficient travel planning is key to a smooth spring break getaway. Book flights and accommodation early to secure the best rates and availability. Create a packing checklist tailored to your destination and planned activities. Remember essentials such as medications, travel documents, entertainment for long journeys, and weather-appropriate clothing.

- Start booking early to avoid last-minute price hikes.
- Pack versatile clothing suitable for various activities.
- Include snacks, sunscreen, and reusable water bottles.
- Prepare a small first-aid kit for minor emergencies.
- Bring travel games or books for downtime.

Safety Tips for Parents During Spring Break

Supervision and Boundaries

Safety is a top priority in any spring break parents guide. Establish clear boundaries for children and teens regarding where they can go, who they can be with, and curfews. Younger kids should be supervised at all times, especially in crowded or unfamiliar environments. For older children, regular check-ins and open communication help ensure their well-being while supporting their independence.

Health and Emergency Preparedness

Prepare for health and safety by knowing the locations of nearby medical facilities and carrying necessary health insurance information. Pack any required medications and ensure children know how to contact parents in case of an emergency. Practice basic safety habits, such as using sunscreen, staying hydrated, and following local guidelines for outdoor activities.

Travel Safety for Teens

If your teens are participating in spring break trips with friends, set clear expectations around behavior, substance use, and peer pressure. Discuss transportation safety, including the importance of using licensed services and avoiding risky situations. Encourage responsibility and provide emergency contacts for peace of mind.

Budgeting for Spring Break: Parental Strategies

Setting a Realistic Budget

A thoughtful budget is essential for an enjoyable spring break without financial stress. Calculate the total cost, including transportation, accommodation, food, activities, and souvenirs. Set spending limits for each category and share these guidelines with your children to manage expectations.

Money-Saving Tips for Families

Look for discounts on attractions, bundle deals, and off-peak travel times to

save money. Choose accommodations with kitchen facilities to prepare some meals, and take advantage of free local events or public parks. Encourage kids to prioritize their must-do activities to stay within budget.

Fun Staycation Ideas for Spring Break

Creative Activities at Home

A staycation can be just as memorable as a trip away. Plan themed nights, DIY crafts, or backyard camping adventures. Cooking together, movie marathons, and science experiments bring the family closer and provide entertainment without leaving home.

Exploring Local Attractions

Use spring break as an opportunity to discover hidden gems in your community. Visit local museums, nature trails, or amusement parks. Many cities offer spring break camps and workshops for kids, providing structured fun and social interaction.

Managing Technology and Screen Time Over Break

Setting Screen Time Limits

With extra free time, screen usage may naturally increase during spring break. Establish family rules for device use, balancing digital entertainment with outdoor play and social activities. Designate tech-free zones or hours to encourage more face-to-face interaction.

Encouraging Offline Activities

Promote hobbies like reading, board games, or sports to reduce reliance on screens. Encourage children to journal about their spring break experiences or start a family photo project. These activities foster creativity and strengthen family bonds.

Top Spring Break Destinations for Families

Beach Resorts

Beach destinations remain a favorite for families seeking sun, sand, and water activities. Look for resorts with kid-friendly amenities, supervised programs, and safe swimming areas. Destinations like Florida, California, and the Caribbean offer a variety of options.

National Parks and Nature Escapes

National parks provide opportunities for adventure, education, and scenic beauty. Hiking, wildlife spotting, and camping are ideal for families who love the outdoors. Plan ahead for park passes and accommodations, as popular parks can fill up quickly during spring break.

Urban Adventures

Cities offer a cultural twist on spring break with museums, theaters, and interactive exhibits. Choose destinations with walkable neighborhoods, family-friendly attractions, and diverse dining options. Urban trips can be tailored to any interest, from history to science or the arts.

Healthy Habits and Routines During Spring Break

Maintaining a Balanced Schedule

While spring break is a time to relax, maintaining some structure helps children transition back to school routines. Set reasonable bedtimes, encourage healthy meals, and schedule downtime between activities. A balanced approach prevents exhaustion and supports overall well-being.

Promoting Physical Activity

Incorporate exercise into your daily plans, whether through outdoor sports, swimming, or family walks. Physical activity not only enhances health but also helps kids burn off energy and sleep better at night.

Frequently Asked Questions

Q: What is the best age for kids to start enjoying spring break trips?

A: Children of all ages can enjoy spring break with proper planning. Babies and toddlers require more preparation and kid-friendly destinations, while older children and teens may enjoy more adventurous or independent activities.

Q: How can parents ensure their teens are safe during spring break?

A: Set clear rules about behavior, curfews, and communication. Discuss peer pressure, substance use, and transportation safety. Make sure teens have emergency contact information and understand expectations.

Q: What are some budget-friendly spring break ideas for families?

A: Consider staycations, visiting local parks or museums, or choosing off-peak travel dates. Look for discounts on attractions and opt for accommodations with kitchen facilities to save on meals.

Q: How can parents limit screen time during spring break?

A: Establish daily limits, create tech-free zones, and encourage alternative activities like outdoor play, reading, or crafts. Involve children in planning activities that don't require screens.

Q: Are there safe travel options for families during spring break?

A: Yes, many destinations prioritize family safety with enhanced health protocols, supervised kids' programs, and secure environments. Research hotels and attractions before booking.

Q: What should parents pack for a spring break trip

with kids?

A: Essentials include weather-appropriate clothing, medications, travel documents, snacks, entertainment, sunscreen, and a first-aid kit.

Q: How do you maintain healthy routines during spring break?

A: Keep a balance of activity and rest, maintain regular mealtimes, and encourage physical exercise. Set consistent bedtime routines to help with the transition back to school.

Q: What are the top family-friendly spring break destinations?

A: Popular options include beach resorts in Florida and California, national parks, and major cities with family attractions like museums and zoos.

Q: How far in advance should parents plan for spring break?

A: Booking 3-6 months in advance is ideal for securing the best rates and availability, especially for popular destinations and accommodations.

Q: What are some fun staycation ideas for families?

A: Plan themed movie nights, backyard camping, DIY crafts, local sightseeing, or cooking projects. Explore local attractions that you haven't visited before to make the staycation special.

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Spring Break Parents Guide: Conquer Chaos and Create

Unforgettable Memories

Spring break! The words conjure images of sun-drenched beaches, thrilling adventures, and... utter parental exhaustion. Planning a successful spring break getaway with kids requires more than just packing sunscreen and swimsuits. This comprehensive guide will equip you with the strategies and resources to navigate the chaos, minimize stress, and create lasting family memories – all while staying within your budget. Consider this your ultimate spring break survival kit.

Before You Go: The Pre-Trip Planning Powerhouse

Before the first squeal of excitement (or the first meltdown), meticulous planning is your secret weapon. Failing to prepare is preparing to fail, and trust us, a poorly planned spring break can leave you wishing for a vacation from your vacation.

1. Destination Decision: Choosing the Perfect Spring Break Spot

Choosing your destination is the cornerstone of your spring break success. Consider your family's preferences and budget. Are you beach bums, thrill-seekers, history buffs, or nature lovers? Research potential destinations that cater to these interests. Look beyond the obvious tourist traps – sometimes, lesser-known gems offer more authentic experiences at a fraction of the cost.

2. Budget Breakdown: Avoiding the Spring Break Bankrupt

Spring break can be expensive. Create a detailed budget that includes travel, accommodation, activities, food, and souvenirs. Factor in unexpected expenses like emergency medical care or last-minute flight changes. Consider utilizing travel reward points, looking for deals on flights and accommodations, and opting for cost-effective activities like hiking or picnicking instead of pricey theme parks. Remember, frugality doesn't mean sacrificing fun!

3. Accommodation Adventures: Finding the Right Place to Stay

Your choice of accommodation significantly impacts your family's comfort and enjoyment. Consider factors like proximity to attractions, amenities (like pools or kitchens), and the overall atmosphere. Options range from budget-friendly vacation rentals to luxurious resorts – find the perfect balance between your needs and budget. Read reviews carefully and look for accommodations with family-friendly policies.

4. Itinerary Inspiration: Structuring Your Days

Creating a flexible itinerary is crucial. Don't over-schedule your days – allow for downtime and spontaneity. Research kid-friendly attractions and activities beforehand, but leave room for improvisation. Consider a mix of structured activities and free time, allowing children to explore their interests and avoid burnout.

During Your Trip: Staying Sane and Making Memories

You've done the planning; now it's time to enjoy the fruits of your labor! But even the best-laid plans can encounter hiccups.

1. Packing Perfection: Avoiding the "Did I Forget Something?" Panic

A well-packed suitcase can significantly reduce stress. Create a packing list for each family member, categorizing items by day or activity. Don't forget essentials like medications, sunscreen, insect repellent, and any necessary travel documents. Pack light to avoid baggage fees and make transportation easier.

2. Travel Triumphs: Navigating Transportation Hassles

Consider all transportation options - flights, trains, rental cars, or even road trips. Book in advance to secure the best rates and avoid last-minute surprises. If driving, plan rest stops and entertainment for long journeys. Remember, comfortable travel equals happier travelers.

3. Keeping Kids Happy: Managing Meltdowns and Maintaining Morale

Spring break is a time for fun, but it's also a time for potential meltdowns. Pack snacks and drinks to avoid hangry outbursts. Plan activities that cater to different age groups and interests. Build in downtime for relaxation and allow children to have some independence.

4. Safety First: Ensuring a Secure Spring Break

Prioritize safety throughout your trip. Discuss safety rules with your children before you leave, and ensure they understand emergency procedures. Keep important documents secure and be aware of your surroundings. Familiarize yourselves with local emergency services and contact information.

Post-Trip Reflection: Reliving the Memories

Once you're back home, take some time to reflect on your spring break adventure. Review photos and videos, and share your favorite memories with family and friends. Consider creating a scrapbook or photo album to preserve these special moments for years to come. The memories you create on spring break will last a lifetime.

Conclusion:

Planning a successful spring break requires careful preparation, flexibility, and a focus on creating positive family experiences. By following the tips in this guide, you can transform your spring break from a stressful ordeal into an unforgettable family adventure. Remember, the goal is to create lasting memories, not just to survive the trip.

FAQs:

1. What if my kids get sick during spring break? Pack a well-stocked first-aid kit and familiarize yourself with local healthcare providers. Travel insurance can provide additional peace of mind.
2. How can I keep my kids entertained on a long car ride? Pack books, games, movies, and music. Plan for regular stops to stretch and move around. Consider audiobooks or podcasts for older children.
3. What are some budget-friendly spring break activities? Explore free attractions like parks, beaches, and museums. Pack picnics instead of eating out for every meal. Look for free or discounted events in your destination.
4. How can I manage screen time during spring break? Set limits on screen time and encourage outdoor activities and face-to-face interactions. Consider using screen time as a reward for completing chores or engaging in family activities.
5. How can I handle sibling rivalry during spring break? Plan activities that encourage cooperation and teamwork. Fairly allocate attention and resources to prevent feelings of being left out. Have pre-emptive conversations about sharing and resolving conflicts.

spring break parents guide: The Neurotic Parent's Guide to College Admissions J.D. Rothman, 2012-04-01 Admissions rates of 6 percent? Kids applying to thirty-two colleges? Sixteen-year-olds with more impressive resumes than Fortune 500 CEOs? Has the nation lost its mind? Why yes, it has! J.D. Rothman, the Neurotic Parent of blog fame, takes readers on a hilarious satiric journey through today's insane college admissions process. The vividly illustrated book takes you from the Itsy-Bitsy Fiske Guide and Junior Kumon Tips for Preschoolers through Rejection Letters from the Heart and Bed Bath & Bye-Bye.

spring break parents guide: *A Parents' Guide to the Middle School Years* Joe Bruzzese, 2011-05-18 OMG PAW G2G. Oh my god, parents are watching, got to go. Today's text-messaging middle schoolers may seem like a different species from how parents remember themselves as sixth, seventh, and eighth graders. Children are often forced to confront serious issues like drugs, violence, sexuality, and technology at an age that would have been unthinkable even a decade ago. So it's natural for parents to worry about these crucial years. Still, educator Joe Bruzzese believes that this time can be full of positive transformation as your child gains independence and your parental role shifts from omnipresent manager to supportive coach. Timely topics include cyberbullying, depression, and choosing realistic and rewarding extracurricular activities. The middle school years can and should be a time of exciting change and opportunity; *A Parents' Guide to the Middle School Years* presents what you need to know to survive and thrive as a family.

spring break parents guide: *Tough Guys and Drama Queens Parent's Guide* Mark Gregston, 2013-01-01 Parents of preteens and teens can move from scared to prepared with a new approach to parenting their adolescents. Parents of preteens intuitively know that no matter how good their kids are, there is turbulence ahead. Many feel lost and unprepared as they watch the damaging effects of culture collide with their child's growing pains and raging hormones. For the past 35 years Mark Gregston has lived and worked with struggling teens and knows what it takes to reach them. He says, A parent's success has little to do with either the validity of their words or their intent as messengers, it's more about how they approach their child and engage with them. Designed for use with the DVD-based study, the guide will explore: What's so different about today's culture Why traditional parenting no longer works A new model for parenting teens Foundational and practical, *Tough Guys and Drama Queens Parent's Guide* answers the questions that parents are

asking, helping them become the parents their children need them to be.

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spring break parents guide: The Lake Effect Erin McCahan, 2017-07-11 A funny, bracing, poignant YA romance and coming-of-age for fans of Huntley Fitzpatrick, *Me and Earl and the Dying Girl*, and *The Beginning of Everything* lake effect | n. 1. The effect of any lake, especially the Great Lakes, in modifying the weather in nearby areas 2. The effect of elderly ladies, mysterious girls, and countless funerals, in upending your life, one summer at the beach It's the summer after senior year, and Briggs Henry is out the door. He's leaving behind his ex-girlfriend and his parents' money troubles for Lake Michigan and its miles of sandy beaches, working a summer job as a personal assistant, and living in a gorgeous Victorian on the shore. It's the kind of house Briggs plans to buy his parents one day when he's a multi-millionaire. But then he gets there. And his eighty-four-year-old boss tells him to put on a suit for her funeral. So begins a summer of social gaffes, stomach cramps, fraught beach volleyball games, moonlit epiphanies, and a drawer full of funeral programs. Add to this Abigail, the mystifying girl next door on whom Briggs's charms just won't work, and "the lake effect" is taking on a whole new meaning. Smart, funny, and honest, *The Lake Effect* is about realizing that playing along is playing it safe, and that you can only become who you truly are if you're willing to take the risk. Vibrant and smart . . . Perfect to tote around on vacation. —Bustle "Every word glows with brilliance. —Francisco X. Stork, author of *Marcelo in the Real World* Dazzlingly hilarious . . . Erin McCahan is the reigning queen of summer YA reads. —PopSugar "Observant, sarcastic, compelling, and very funny." —Kirkus Reviews (starred review) "Summer romance at its best. —HelloGiggles "The perfect smart, beachside read. . . . Unforgettable." —Stephanie Elliot, author of *Sad Perfect* Elegant and touching. —Publishers Weekly "Refreshingly honest and real. . . . An absolute must-read." —Elise Allen, co-author of *Elixir* "Funny and poignant. —PureWow Thought provoking—and at times hilarious . . . A great summer read. —SLJ

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parents' involvement in their children's learning - Discipline and bullying - Governors and the PTA - how to get involved - Parents' evenings and reports - Extracurricular activities - Special needs - Moving on - preparing for secondary school

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Shae Cooke, 2011-02-01 With a heart to see people encountering the love and power of Jesus, single parent and former foster child Shae Cooke shares her heart, humor, and GodOCOs love message to a worldwide audience. A co-author and ghostwriter, she has contributed to more than 40 books, in both secular and non secular markets, and works closely with international ministry and marketplace leaders, entertainers, writers, and publishers to inspire people into the supernatural reality of relationship with God.

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Bob Sehlinger, Liliane J. Opsomer, 2015-08-17 The Unofficial Guide to Walt Disney World with Kids is JAM-PACKED with useful tips, great advice, excellent discussion, and practical travel knowledge gleaned from years of Walt Disney World travel experience. It is one of the few guidebooks to Disney World that specifically addresses the needs of kids with, in some cases, research and input from kids. Compiled and written by a team of experienced researchers whose work has been cited by such diverse sources as USA Today and Operations Research Forum, The Unofficial Guide to Walt Disney World with Kids digs deeper and offer more specific information than any other. This is the only guide that explains how to make every minute and every dollar of your vacation count. With advice that is direct, prescriptive, and detailed, it takes the guesswork out of your family vacation. Step-by-step detailed plans allow you to visit Disney World with your children with absolute confidence and peace of mind.

spring break parents guide: *Fresh Off the Boat*

Eddie Huang, 2013-01-29 NOW AN ORIGINAL SERIES ON ABC • “Just may be the best new comedy of [the year] . . . based on restaurateur Eddie Huang’s memoir of the same name . . . [a] classic fresh-out-of-water comedy.”—People “Bawdy and frequently hilarious . . . a surprisingly sophisticated memoir about race and assimilation in America . . . as much James Baldwin and Jay-Z as Amy Tan . . . rowdy [and] vital . . . It’s a book about fitting in by not fitting in at all.”—Dwight Garner, The New York Times NATIONAL BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY KIRKUS REVIEWS Assimilating ain’t easy. Eddie Huang was raised by a wild family of FOB (“fresh off the boat”) immigrants—his father a cocksure restaurateur with a dark past back in Taiwan, his mother a fierce protector and constant threat. Young Eddie tried his hand at everything mainstream America threw his way, from white Jesus to macaroni and cheese, but finally found his home as leader of a rainbow coalition of lost boys up to no good: skate punks, dealers, hip-hop junkies, and sneaker freaks. This is the story of a Chinese-American kid in a could-be-anywhere cul-de-sac blazing his way through America’s deviant subcultures, trying to find himself, ten thousand miles from his legacy and anchored only by his conflicted love for his family and his passion for food. Funny, moving, and stylistically inventive, *Fresh Off the Boat* is more than a radical reimagining of the immigrant memoir—it’s the exhilarating story of every American outsider who finds his destiny in the margins. Praise for *Fresh Off the Boat* “Brash and funny . . . outrageous, courageous, moving, ironic and true.”—New York Times Book Review “Mercilessly funny and provocative, *Fresh Off the Boat* is also a serious piece of work. Eddie Huang is hunting nothing less than Big Game here. He does everything with style.”—Anthony Bourdain “Uproariously funny . . . emotionally honest.”—Chicago Tribune “Huang is a fearless raconteur. [His] writing is at once hilarious and provocative; his incisive wit pulls through like a perfect plate of dan dan noodles.”—Interview “Although writing a memoir is an audacious act for a thirty-year-old, it is not nearly as audacious as some of the things Huang did and survived even earlier. . . . Whatever he ends up doing, you can be sure it won’t look or sound like anything that’s come before. A single, kinetic passage from *Fresh Off the Boat* . . . is all you need to get that straight.”—Bookforum

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Bob Sehlinger, Liliane J. Opsomer, Len Testa, 2016-08-22 The Unofficial Guide to Walt Disney World

with Kids is JAM-PACKED with useful tips, great advice, excellent discussion, and practical travel knowledge gleaned from years of Walt Disney World travel experience. In this guidebook the authors Bob Sehlinger and Liliane Opsomer specifically address the needs of kids, with--in some cases--research and input from kids. Len Testa leads an experienced team of researchers whose work has been cited by such diverse sources as USA Today and Operations Research Forum, The Unofficial Guide to Walt Disney World with Kids digs deeper and offers more specific information than any other guidebook. This is the only guide that explains how to make every minute and every dollar of your vacation count. With advice that is direct, prescriptive, and detailed, it takes the guesswork out of your family vacation. Step-by-step detailed plans allow you to visit Walt Disney World with your children with absolute confidence and peace of mind.

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spring break parents guide: *Love from A to Z* S. K. Ali, 2019-04-30 A Today Show Read with Jenna Book Club Pick “The bighearted, wildly charming, painfully real love story I’ve been waiting for.” —Becky Albertalli, New York Times bestselling author of *Simon vs. the Homo Sapiens Agenda* From William C. Morris Award Finalist S.K. Ali comes a “heartfelt and powerful” (Kirkus Reviews, starred review) romance that’s *The Sun Is Also a Star* meets *Anna and the French Kiss*, following two Muslim teens who meet during a spring break trip. A marvel: something you find amazing. Even ordinary-amazing. Like potatoes—because they make French fries happen. Like the perfect fries Adam and his mom used to make together. An oddity: whatever gives you pause. Like the fact that there are hateful people in the world. Like Zayneb’s teacher, who won’t stop reminding the class how “bad” Muslims are. But Zayneb, the only Muslim in class, isn’t bad. She’s angry. When she gets suspended for confronting her teacher, and he begins investigating her activist friends, Zayneb heads to her aunt’s house in Doha, Qatar, for an early start to spring break. Fueled by the guilt of getting her friends in trouble, she resolves to try out a newer, “nicer” version of herself in a place where no one knows her. Then her path crosses with Adam’s. Since he got diagnosed with multiple sclerosis in November, Adam’s stopped going to classes, intent, instead, on perfecting the making of things. Intent on keeping the memory of his mom alive for his little sister. Adam’s also intent on keeping his diagnosis a secret from his grieving father. Alone, Adam and Zayneb are playing roles for others, keeping their real thoughts locked away in their journals. Until a marvel and an oddity occurs... Marvel: Adam and Zayneb meeting. Oddity: Adam and Zayneb meeting.

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included are stories from real families about their experiences at Walt Disney World, including tips written by kids for kids. The book comes with field-tested touring plans specifically designed for visiting with children. These plans can save guests up to 4 hours of waiting in line on an average day, so there's time for relaxing by the hotel pool.

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personnel. The book includes discussion of major federal legislation, such as the Individuals with Disabilities Education Act, the Family Educational Rights and Privacy Act, Section 504 of the Rehabilitation Act of 1973, and the Every Student Succeeds Act. On the state level, the book incorporates new laws pertaining to cyberbullying and inappropriate relationships between students and employees. Key points are illustrated through case law, and a complete index of case citations is included.

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