

Back to School



We know that heading back to school can be a stressful time for both parents and kids, but our hope is that these helpful tips can make this time a joyful transition into fall for you and your family!

Establish a School Routine Ahead of Time – Planning ahead will help you and your kids get readjusted to a more rigorous schedule. Start the bedtime routine at least two weeks before school starts to help kids adjust to a nighttime and morning routine. This will make waking up on the first day a lot easier!

Reintroduce Regular Mealtimes – Rather than snacking several times a day, you can start enforcing a 3-meal-a-day routine that will mirror their daily meal schedule when in school. Nutrition is an important factor in academic performance, and eating healthy, balanced meals can help kids stay alert throughout the day! Even planning dinners in advance can help you as the parent adjust well to a new schedule.

Label Everything – Losing things like notebooks, jackets, and lunchboxes is a common school year occurrence. Make sure to label everything with first and last names and even cell phone numbers to ensure the items get returned to you.

Get Your Kids Involved with Their Own Schedules – Getting your kids a personal calendar can help them feel involved in their own lives. It provides a sense of responsibility and ownership. Knowing what to expect and being a part of the planning process provides a healthy sense of power and control and helps them feel safe and stable. Invite them to help you plan the week or month ahead and keep the calendar visible where everyone can see it.

Plan Outfits for the Week – This is a great way to get kids involved and excited about the school year ahead. Work together to plan the week's outfits and let them help you pick out what they want to wear to school.


Get Appointments Out of the Way – Getting appointments done before the start of school means less interruptions during the school year and helps kids stay focused and involved once school begins.

Build The Ultimate Homework Station – Whether you have extra space in your home for a dedicated homework station or not, giving kids room to complete their homework is easy! Fun pens and pencils, a cute notebook, or their very own desk and chair can make the drudgery of homework just a little more enjoyable. You can make it as simple or as elaborate as your space and budget will allow.

Build Good Homework & Study Habits – Schedule ample time for homework and extracurricular activities. Supervise computer and internet use and help them with technology if needed. If your child is struggling with a particular subject, work with their teacher and school resources to support their needs. As a parent, it is helpful for you to be available to answer questions and offer assistance when your kids need some help with their homework.

Keep Lines of Communication Open with Your Kids – A new school year can often bring a host of new feelings and experiences. Sometimes kids may struggle with new changes and challenges, so it's important to check on them and see how they're feeling. Encourage them to be themselves, to be kind to others, and to talk to you when they are feeling scared.

Create Lasting Memories – Taking a commemorative photo on the first and last day of school can help create memories that your kids will cherish for years to come! Include a fun photo prop or one of their current favorite things – don't forget to jump in the picture with them too!



Sources: <https://mightyandbright.com/blogs/news/3-back-to-school-tips-for-the-2022-2023-school-year>
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