

Back to School Basics - Easing the adjustment to school routines

Sleep Habits

Help your children adjust their bodies into school routines by starting about 2 weeks before the start of school.

Reading

Reading is important whether you read with your child or they read by themselves; it will keep their mind sharp. Reading is an all-year-long activity, taking a break for summer is unnecessary and should be discouraged.

Create Enthusiasm

Try to involve your child(ren) as much as possible in the preparations for going back to school:

- **School Supplies.** Go through your home first to see what you may already have that is on the supplies list. You may be surprised to find that you have cut your shopping list down to a more manageable, budget friendly amount. Don't buy items just because they look nice or are cheap, consider their quality and durability. Watch for sales and shop around to get the best for less.
- **Clothing.** We would all love to be able to give our kids a new wardrobe for a new school year, but being practical, one new outfit (and maybe a pack of new socks and underwear) should do the trick. If you normally buy more than one outfit consider buying one new outfit to start and then once they have been to school, have your child decide if there is anything they may have seen other children wearing that they would like to have. Or the opposite, something they want to be sure not to wear.
- **Shoes.** Proper footwear is essential. Your child will most likely need two pairs, one for indoor and one for outdoor. (A third pair may be required for gym.) While style is important to your child, comfort, fit, quality and durability are what really counts.
- **Healthy Breakfasts and Lunches.** You want your child to have the best possible start to their day and enough nourishment for them to sustain themselves at school. An easy way to do this is by having several choices for them to choose from, taking into consideration that most schools are peanut free, read the label carefully.

Remove Some Morning Stress!

Preparing the night before is a sure bet for a smooth start to their day. Have your child help pack their lunch, set out their clothes and supplies. While you can't control everything that may happen, like the bus being late, you can be sure your child will be prepared for learning.