

# Back TO SCHOOL

## Tips for Families Transitioning Into The New School Year

Whether it's virtual or in-person education, families can all use these helpful tips to get back into the learning groove for the new school year.



### Develop a Sleep Routine

Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tucking them in and saying good-night.



### Establish Healthy Eating Patterns

Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. Stay on track by establishing healthy eating habits throughout the day at reasonable times.



### Set Academic Goals

Identify some areas of interest and points of needed growth. Encourage kids to reach for the stars! Students should set reasonable academic goals based upon their grade level. Don't forget about accountability for these academic stretches and celebrate the achievements.



### Identify Priorities

Create a homework schedule that balances learning, social life, and freedom of choice. Teaching your young student how to manage their priorities will take them far in life. Plus, they should have a healthy appreciation for all three options.



### Foster Good Study Habits

Be available to answer questions and offer assistance, but never do a child's homework for them.

Take steps to help alleviate eye fatigue, neck fatigue, and brain fatigue while studying. It may be helpful to close the books or digital device for a few minutes, stretch, and take a break periodically when it will not be too disruptive.

Children need a consistent work space in their bedroom or another part of the home that is quiet and free of distraction. Encourage your student to make it their own unique place of inspiration!