



**Congrats, Parents! You've survived the beginning of a new school year!**

Here are a few tips for helping your entire family re-establish healthy school habits and routines.

Have a great year!

## Be Prepared

Get backpacks, clothes, and shoes ready the night before school. Plan and pack lunch and snacks before bed. Allow adequate get ready time in the morning without being rushed. Makes for a happy start an on-time arrival at school!

## Read Aloud

End the day with 10-20 minutes of reading aloud with your child.



## Eat Sleep Play

Eat dinner together.  
Plan healthy snacks.  
Drink milk and water.  
Connect and play  
Turn electronics off one hour before bedtime routine.  
Hugs at wake up and bedtime



## Get Outside



Outside play before inside time (electronics). Help kids burn off extra energy with a walk, run, bike ride, kicking the soccer ball, sidewalk chalk or trip to the playground.



Limit electronics at home and in the car.

Create consistent routines

Set and enforce limits with kindness

Respond vs React to misbehavior

Calm yourself first

**As you navigate the beginning of the school year, avoid over-scheduling your children and yourself.**

**If you have parenting questions or concerns, please contact us!**