


As the beginning of the new school year is fast approaching, here are some tips to prepare kids for Back to School 

Tips for getting kids ready for back-to-school

Whatever their age, many kids are apprehensive about starting school or going back to school. The good news is there's a lot you can do to ease their minds and help them get ready for a new school year.

1. Early to bed, early to rise

Getting back into a school sleep schedule won't happen overnight! A few weeks before school starts, get your child into the habit of going to bed earlier. Gentle winding-down activities such as bath time and reading before bed can help your child relax.

2. Re-establish a routine

Establishing a consistent routine is important for kids. Write out the steps in the routine and rehearse them with your child. In the evening, this could include doing homework, playtime, brushing their teeth, having a bath, and reading before bed.

3. Encourage independence

Children who play an active role in preparing for back to school – such as choosing and organizing school supplies and new clothes – are more likely to get excited about going back to school, which in turn eases their jitters. Is your child old enough for chores like emptying the dishwasher or making lunches? Daily, age-appropriate tasks will help your child gain independence and confidence.

4. Establish healthy habits

Involve your children in choosing and preparing healthy lunches and snacks at home. Help them find physical activities they enjoy. Try to stick to regular meal times on weekends.

5. Limit screen time

Back to school is the perfect opportunity to re-establish screen time limits. Why not have the whole family “unplug” in the evenings before bedtime? Use an alarm clock instead of a cell phone to wake up in the mornings

6. Talk about first-week jitters

Reassure your child that being nervous is natural – even for teachers. You can help your child cope with these feelings when you:

- Let them express their fears.
- Teach them to breathe deeply and slowly to calm their nerves.

7. Celebrate the start of a new school year

If you celebrate the first day of school, your kids will see back-to-school as a transition they can really enjoy. Try a back-to-school party the day before school starts, complete with cake, balloons and educational gifts. And don't forget to take a picture on the front step in their first-day-of-school outfits. It's going to be a great year!