



## Supporting Back to School Routine

A big part of getting ready for back to school is establishing routines. A routine helps children know what to expect and gives them a sense of security. When kids (and adults!) know what is expected of them, they feel more confident and can focus on their tasks. With this in mind, here are some simple habits that can help your children achieve success and how to implement them.

- **Establish a morning routine.**

Lay out clothes for the next day before you go to bed and make sure that they are ready to go when you wake up in the morning. This will help save time in the morning when you're trying to get dressed. Make sure your kids choose clothes that are comfortable and make them feel good.

Set aside enough time each morning so that no one is rushed. Rushing will only stress everyone out and make the entire day more difficult.

Make a list of the things you need to do each morning in order to get ready, and try to stick to it as closely as possible. This will help eliminate any guesswork and ensure that everything gets done in a timely manner.

- **Establish a good breakfast routine.**

Making time for a nutritious breakfast every morning can be a challenge, but it's worth it! We all know the saying "breakfast is the most important meal of the day." Well, there's definitely truth behind that! One way to make things easier in the morning is to meal prep your breakfast ahead of time. Don't forget to sneak in as many veggies as possible when meal-planning.

- **Establish lunch routines.**

When packing lunches for school, packing the night before or having all your favourite lunchbox items in a familiar place so that they are ready to grab in the morning.

- **Establish after school routines.**

Too often, the afternoon becomes a time when homework goes undone, chores pile up, and tempers flare. However, by establishing some simple after school routines, you can help your child stay on track.

- One important routine to establish is snack time. After a long day at school, most children are hungry and need a quick pick-me-up before starting their homework. Make sure you have some good grab and go snacks in stock regularly.
- **Establish a homework routine.**

There are a few key routines that you should establish when it comes to homework. The most important one is setting aside time each day for homework. This helps ensure that it gets done, rather than becoming a last-minute task that gets rushed through. It's also helpful to have a specific place for homework, such as a desk or table in their bedroom. This way, they know where they need to go and what they need to do when it's time for homework. It's also a good idea to establish a routine for checking completed work.
- **Establish an evening routine.**

It can be hard to get up and out the door on time in the morning, especially when you have to pack your school bag with all of your supplies. Having a set routine for packing your bag can help make the process go more smoothly and help you get to school on time. Make a list of everything you need for school and pack everything on the list. This will help make sure that you don't forget anything important. For example – homework!
- **Bedtime routines are also critical!**

Sleep is so important yet, getting your child to bed can be one of the hardest parts of the day. Here are some tips on establishing a bedtime routine:

  - Pick a time where all technology must be put away.
  - Start with a calming activity, like reading or singing lullabies
  - Follow up with a bath or shower to relax the body and mind.
  - Finish up with some relaxation exercises, like deep breathing or yoga poses.
  - Make sure there is enough time for your child to get ready for bed, so they're not rushed or anxious.
  - Stick to the same routine every night so your child knows what to expect and can relax into it.
  - Be consistent!