

Back to School



It's that time of the year again!

We know that a return to school after summer break can be a really stressful time in a family's life for many reasons. This can be especially true if your child has a chronic medical condition or a new diagnosis. We are here to help with some simple tips, reminders and helpful links!

TIPS & REMINDERS

- If your child is on a summer sleeping schedule and is going to bed later or waking up later than they do during the school year, start thinking about getting back on a school sleeping schedule! About 1–2 weeks before the first day of school, change the bed time and wake up time to school hours. This allows for plenty of time to adjust before the start of school.
- A summer schedule may mean a change in family routines. Along with adjusting the sleep schedule, make the change to your morning and after school routines about 1–2 weeks prior to the first day of school. This could include setting the alarm and moving through all your morning rituals, including getting in the car or making it to the bus stop in time. After school routines may include snack time, homework time and free time.
- A healthy breakfast provides kids with a solid foundation to start their day and gets their bodies and brains ready for learning. If your family eats breakfast at home and habits change over the summer, allow for the change to occur with the adjustment of your routine. See the links on the following page for healthy, brain boosting breakfast ideas!
- Get a new family calendar for the school year and sit down with your kids to organize their after school activities, sports, clubs, chores, etc.

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- Ease any first day jitters! If your child is a brand new student, attending a new school, or is just a little nervous about the first day, take a tour of the school and role play how drop off and pick will work, or get a back to school book to read.
 - If you have new or updated medical information that is important for your school to know, make sure to get a letter from your doctor or APN.
 - Check in with the school nurse to make sure all health related accommodations are up to date, and make any changes if necessary.
 - If your child has a chronic medical condition, meet with their teacher before the school year starts to provide them with a health history and discuss any learning needs your child may have.
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FOR MORE BACK-TO-SCHOOL TIPS, PLEASE VISIT:

American Academy of Pediatrics Back to School Tips

aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/back-to-school-tips.aspx

Brain Boosting Breakfast Ideas

parenting.com/gallery/on-the-go-breakfast-recipes?page=0

brainbalancecenters.com/blog/2013/09/healthy-bites-brain-power-foods-for-kids/

Ease Back-to-School Jitters

today.com/parents/back-school-jitters-15-tips-kids-parents-t39491

Scholastic Top 11 Back-to-School Books to Ease Jitters!

scholastic.com/parents/blogs/scholastic-parents-raise-reader/top-11-books-to-ease-back-to-school-jitters