



FAMILY HEALTHY HABITS: BACK TO SCHOOL

It's that time of year again! Set your student up for success with these 5 Back to School tips.

1

Acknowledge Worries

Starting a new school year can bring up feelings of anxiety for both adults and children. Managing your own stress can help your student feel more calm. Talk with your student about how they are feeling. Listen and provide reassurances. Help them make plans for handling any specific situations they're worried about. Discuss fun and exciting things that happen throughout the school year.

2

Get Active

Physical activity can not only keep your student physically fit, it can also help your student stay mentally fit. Regular exercise can boost mood and help your student pay attention in class. Encourage your student to get outside to play.

Check out ways to be physically active as a family [HERE](#).

3

Set a Bedtime Routine

Not getting enough sleep can cause behavioral issues and difficulties concentrating. Create a bedtime routine (get items ready for the morning, brush teeth, put on pajamas, read books, lights off) and turn off the screen an hour before bedtime. **Learn how much sleep your student needs [HERE](#).**

4

Set a Morning Routine

Wake your student up at the same time each morning. For students who wake up on their own, encourage them to set an alarm with the same wake-up time each day. Create a morning routine (brush teeth, get dressed, eat breakfast). Identify a place where your student will keep all items needed for school (backpack, iPad, shoes, coat, lunch box, etc.) to help decrease stress in the morning.

5

Stay Connected

Keep lines of communication open with both your student and the school. Check in with your student about how school is going each day. Stay in the know regarding school events and communicate with the school regarding how they feel your student is doing academically, socially and behaviorally.

