

# Parenting Tips: Back to School

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## 1 Get back in a routine

Summer is great, and can mean less rushing and a more laid-back house. We know when school starts back, so before that, we try to get kids in to a routine the week before so they get used to getting up early and going to bed early so they're all ready. It helps them get back in to a routine and will make it easier when school actually starts.

## 2 Get everything ready the night before

Get everything out the night before so you're ready in the morning. It could be clothes, lunches, bags packed, whatever you need for the morning. I'm a night person so I like to stay up late at night so that way when I get up in the morning I'm ready to go. If you're a morning person, you could also get up before the kids and get things ready. The morning goes more smoothly when you're ready!

## 3 Know your child's teacher

Make sure you know your child's teacher and you can check in ahead of time if you want to talk to them or meet them.

Some schools have chances to meet teachers before the year starts. My school has an phone app to keep in touch. You can call and introduce yourself and your child the week before school starts, especially if they're new to the school.

This will help make your child, and you feel better, especially if your child is in a new school or nervous.