



# It's That Time!

## Back to School Prep with Your Child

**Prepare yourself for early mornings.** Start to prepare what you can the night before. Being ready for a school morning is the best thing that you can do to get your family off to a great start! It makes a HUGE difference (and cuts back on stress and chaos for the mornings).

**Take time to prepare your anxious children for school.** Take a tour of the school, meet the teacher and practicing pick up and drop off are just a few ways to get starting in your preparation. It will really help your child to know what is going to happen on that first day.

**Plan out some easy, healthy after school snacks.** Here are some ideas to fill your kids just enough until dinner-time. Ants on a log! Use celery and peanut butter with raisins as the "ants". Spread the peanut butter inside the cut up celery stick and have your child help you place the "ants" inside! This is a great way to make a healthy snack fun for you and your child!



Remember how hard it was to swap those lazy summer days for early mornings, math homework and pop quizzes? The classroom setting may have changed (hello, iPads), but going back to school can still feel like a chore. Here are six ways to motivate your kids for the academic year ahead, so they can reach their full potential (and then some) and will help you make the transition smoother for your family!



**Play games.** When all the busyness of school hits, it is nice to have some planned family time. Play one of your favorite board games or find any fun 10-minute activities with your kids. Our favorite time to play is right after bath time when we are ready for some much-needed family time!

**Read with your kids!** Take some time before the new school year begins to read with your child. Doing this just even a few weeks before school starts will prepare them for homework and projects to come! Find out if your child's school has a summer reading list for the upcoming school year to get some ideas for fun books to read!

**School Supply Shopping!** The sales for school supplies begin! Make this hectic shopping spree a fun one! Download and print a copy of your child's school supply list to get an idea of the essentials they might need to be prepared for their first day! Have your child pick out their backpacks, binders, and notebooks so they will be even more excited to use them and show their individual style and spunk on their first day!

Tell us about the fun tips and tricks you use with your family to prepare for school by sharing them on our social media pages!