

Tips for Back-To-School Routines for Parents

Getting kids back into a school routine can be tough. You may be struggling getting your kids to bed on time, remembering to brush their teeth, or not having enough time to get everything done when they need extra help! However, children thrive with routine, so it's worth it to push through. Hopefully, you will also thrive once you have routines that work for your family, as it will limit daily decision-making.

Here are four tips to help you make sticking to your routines as easy as possible.

1. Prep before the routine.

Sticking to a morning, bedtime, or after-school routine is easier when you've done some work beforehand. Leave less work for yourself while you're in a rush!

Examples:

- Make overnight oats for tomorrow's breakfast.
- Set out tomorrow's clothes the night before.
- Keep their running shoes in the car for after-school programs.

2. Walk kids through the plan.

Kids respond better to a routine if they understand it fully. Have your kids repeat the routine back to you to show they understand and make a chart with pictures, if needed.

3. Make tasks desirable.

Pair tasks that your kids might struggle to do with something they enjoy. Does your child dislike nightly baths? Pair it with a healthy snack of their favourite fruit. Less fuss!

4. Ask your kids to get involved in making the routine.

Your kid may have a different order they like to do their routine in. Maybe they like to keep their pajamas on while they eat breakfast instead of changing clothes before. Asking them to get involved may help them get on board!

Good luck with the start of the school year. Hope these tips help!



For more information visit:
WWW.MAGNAWELLNESS.CA

GOOD for you
Health and Wellness
for Magna Employees

MAGNA