

BACK TO SCHOOL ROUTINES

Five routines to support families with children going to preschool and kindergarten



1

Morning/Bedtime Routine

Do you have a regular morning and bedtime routine? If so, awesome! If not, start a routine sooner than later with your child. A regular morning and bedtime routine will help your child transition smoothly. Have a conversation with your child about the routine and the importance of creating one. Remember to make the routines creative and fun!



2

Breakfast Routine

Is eating breakfast a normal routine? If not, create extra time for your child to eat breakfast at home or school (if this is an option). A balanced breakfast before school is important physically and mentally.



3

Homework Routine

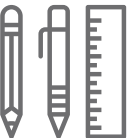
Do you have an area at home dedicated for your child to do homework? This can be a small workspace with a chair inside their room or another area such as the kitchen table. Creating a schedule with your child will be beneficial and fun! This will ensure efficient time and support is for your child.



4

Teacher Talk Routine

Have you talked to your child's new teacher yet? Make this a priority and ensure to keep the communication open with your child's teacher throughout the school year. Allow time for your child to speak to their new teacher as well. Create questions with your child, in advance, that you both would like to ask before the first day. A genuine relationship between you, the teacher, and your child will support the overall academic success.



5

School Supply Routine

Does your child have the supplies he or she needs to be successful during the school year? Reach out to your child's teacher at the beginning and throughout the year to receive a list of supplies needed. Involve your child by creating a school supply list together and allow your child to go shopping with you.

