

PARENTING TIPS



# 5 tips to help adjust back into the school routine

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## VISUALISE THE IDEAL ROUTINE

To establish a good routine, the first step is to visualise in detail what the ideal might be.

Imagine the perfect morning, afternoon and evening routine for you and your children.



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## PLAN TOGETHER

Talk about the school return with your children and involve them in making a plan for the new routine.

Make sure to **listen** to any worries they have about returning to school and explore with them how you can solve these.



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Back to School Routine

## HEALTHY FAMILY BREAKFAST

A good morning routine is an excellent habit to establish, that ensures your children eat well at the start of the day and gives you time to connect and listen to them before they go to school.



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## GRADUAL STEPS

For many families, it works best to gradually introduce a new routine rather than all in one go. For example, you might slowly introduce earlier bedtimes the week before and try out your new breakfast choices.



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## **ANTICIPATE CHALLENGES**

Recognise that there may be challenges as your children return to school and make sure you have time in your own schedule to deal with these as a parent.

Children are likely to be tired after school for the first while, so make sure they have plenty of time to relax as they adjust.

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