

# Back to school transition tips

Prepare your child for the upcoming school year by implementing the tips below:



## Adjust sleep schedule

Quality sleep is crucial for a child's overall health and development. During summer months, family schedules may become less structured. Before the start of school, parents can adjust bedtime routines to support healthy sleep schedules. Children and adolescents are recommended to have 8-13 hours of sleep depending on their age.

## Create a routine

The start of the year is a great time to establish a morning and afterschool routine with your child. A routine helps us know what to expect. Parents and caregivers can sit down with their child and create a schedule that allows important tasks to be completed. Be sure to schedule some fun together, too!

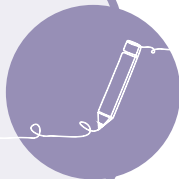


## Prepare for the first day

Parents and caregivers can set their children up for success by visiting the school and meeting the teacher prior to the start of the year. Involving your child in school supply and clothing shopping can create a sense of autonomy and excitement around the start of the year.

## Fresh start

For some children, the start of the school year may create feelings of worry due to prior experiences. Validate your child's concerns while also highlighting the opportunity for a fresh start. Encourage your child to draw or write their goals for the new school year and outline a few specific actions to support their success.



Common  
Thread

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