

KixCare TIPS

How Do I Help My Child Adapt to a New Routine When Going Back to School?



Back to School is an exciting time for everyone. Your children get to see old friends and teachers and as the parent, you may even get a few hours back in the day, but the change in routine can still be an adjustment.

- 1 It takes them time to adjust, so start early.** Morning and bedtime routines can be frustrating and stressful, so starting these changes at least two weeks before returning to school can be helpful.
- 2 Discuss with your child what the morning and bedtime routine will look like during the school year.**
- 3 Provide your child with simple, easy steps to follow.** Use a schedule or visual guide, so they know what to expect.

Cut here for a colouring sheet for your little one

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