



Tips & Tricks: Shifting from Summer to School

Casual Conversation & Calendars

- Have casual conversation about the start of school.
- Model curiosity and openness.
- Keep the time frame general for younger children.
- Consider using a calendar for older children.

Sleep Routines

- Determine a wake-up time.
- Adjust bedtime and wake-up times in 15-minute increments over a two-week period.

Morning Routines

- Provide clothing options that are easy to access and put on/take off.
- Create a visual schedule of the morning routine.

Preparing Snacks & Lunch

- Involve your child in preparing lunch and snacks.
- Do some minimal food preparation.
- Have prepared foods in easy-to-access spots.

Stay Organized

- Set up an attractive, child-sized space to store school items.
- Practice coming home and putting things where they belong.
- Collaborate with keeping the area tidy.