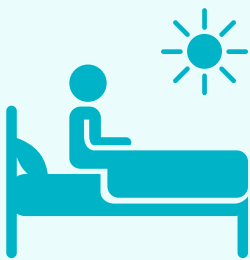


# Back to School - Top Tips

## Developing Good Routines



## Re-establishing sleep routine



Establish a better sleep routine as children may be used to staying up late over the holidays. Start the wind down for bedtime earlier each night in the week leading up to school and practice getting up earlier with the children.

## Set up familiar morning and after school routines

Here's an example of an after school routine

1. Have snack (crunchy items can help shift pent up energy or feelings)
2. Have some activity time or downtime (can be brief)
3. Do homework + allow movement breaks if helpful for concentration (e.g., bunny hops/bounce on the trampoline)
4. Empty lunch box
5. Pack away school bag
6. Put away uniform (with help depending on their needs)
7. Time to Play till dinner and bedtime!

