

Helping Your Child Transition from Summer to School

Summer's long and sunny days are coming to a close. School is just around the corner. While some children look forward to the first day of school with excitement, others may feel uncertain, anxious or sad to see summer end.



Back-to-School Tips

Try these simple ideas to make the transition back to school smoother for everyone:



Reset Your Family Schedule

Over the summer, bedtimes and wake-up times tend to shift — and that's okay.

- ✓ Start adjusting to a school-year sleep schedule about one to two weeks before school starts by shifting bedtime and wake-up time by 5–10 minutes each day.
- ✓ A consistent sleep schedule helps kids feel more rested and ready to focus.



Make a Menu

Take time to sit down with your child to plan meals and snacks they'll enjoy.

- ✓ Create a list of healthy, tasty options they're excited about.
- ✓ Try prepping easy grab-and-go snacks, like oatmeal muffins or fruit cups, to make mornings smoother.



Discuss Routines

Kids thrive when they know what to expect.

- ✓ Talk to your child about what their daily routine will look like — from wake-up time to bedtime.
- ✓ Ask them what they'd like to be responsible for and how they'd like to handle new challenges.
- ✓ Clear routines can reduce stress and help kids feel more confident.



Create a Checklist

Turn your child's routine into a simple checklist.

- ✓ Include morning and after-school tasks like:
 - Making the bed
 - Brushing teeth
 - Packing a backpack
- ✓ Kids love checking things off — it helps them feel accomplished and organized.



Plan Something to Look Forward To

Help your child ease into the new routine by planning a fun after-school activity.

- ✓ Try making a fun snack together, creating a craft or going to the park.
- ✓ Knowing they have something fun to look forward to after school can make the day feel less overwhelming.



Coordinate with Friends

Having familiar faces at school makes it easier to adjust.

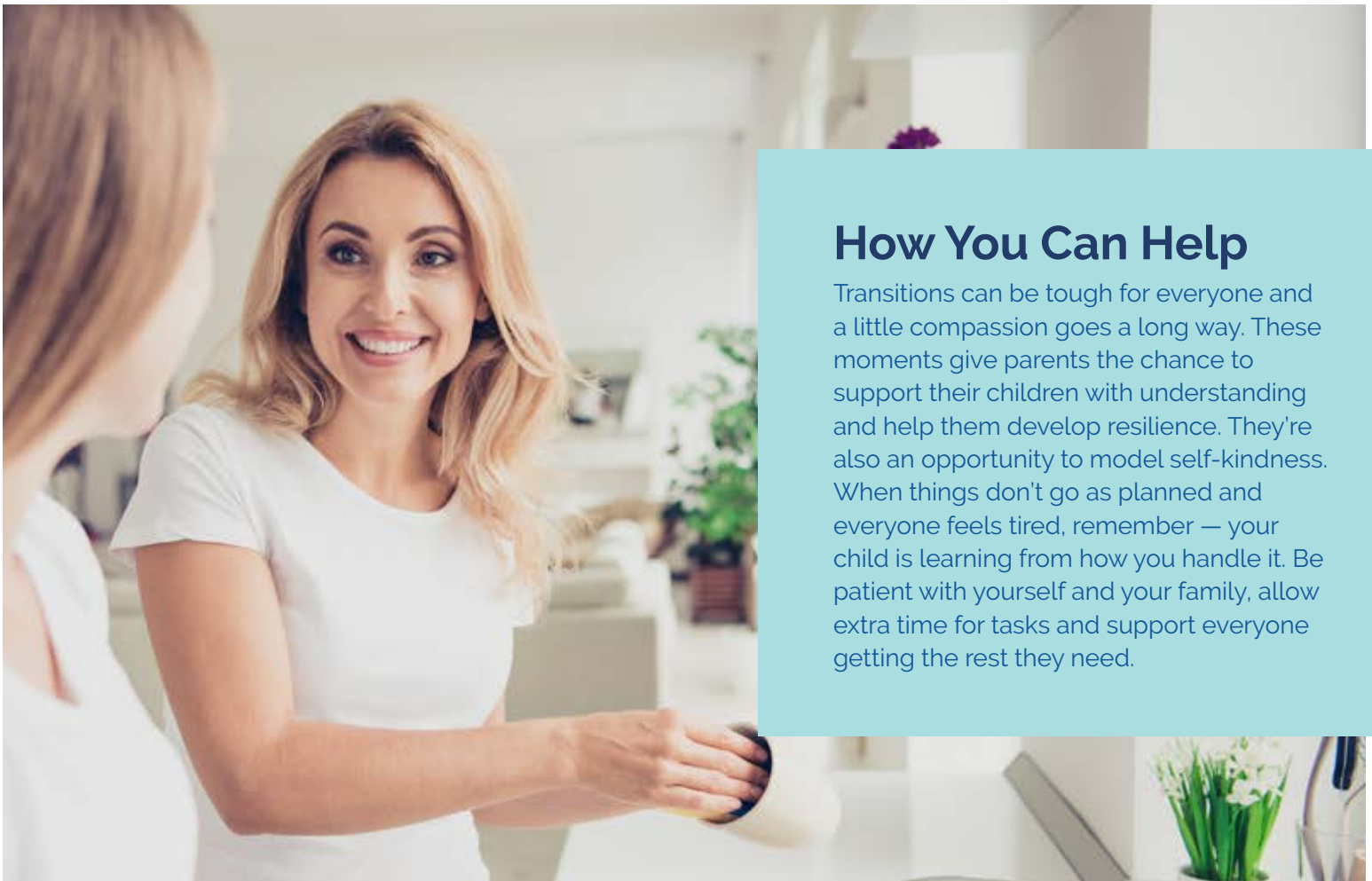
- ✓ Reach out to other parents to see if your child will be in class or at recess with their friends.
- ✓ If your child is new to the school, connect with the school to find out about playdates or meet-ups before the school year starts.



Talk It Out

Open communication is key.

- ✓ Ask your child how they're feeling about starting school.
- ✓ At the same time, let them know it's okay to have mixed feelings.
- ✓ Reassure them that you're there to listen and support them no matter what.



How You Can Help

Transitions can be tough for everyone and a little compassion goes a long way. These moments give parents the chance to support their children with understanding and help them develop resilience. They're also an opportunity to model self-kindness. When things don't go as planned and everyone feels tired, remember — your child is learning from how you handle it. Be patient with yourself and your family, allow extra time for tasks and support everyone getting the rest they need.