BACK TO SCHOOL
Tips For PARENTS

Bedtime Routine - From Zzz to A+

Sleep is very important for brain functioning, growth and development in children and teens.

- Getting the right amount of sleep is important for children to learn and have a successful day at school.
- When a child's bedroom is quiet, comfortable, and relaxing, they are more likely to have an easier time falling asleep
- Incorporate relaxing activities to help calm down children before bed such as getting a bath/shower and reading together.

TOP TIP

Get uniforms and backpacks ready for school the night before to reduce morning stress and help to ensure a smooth start to the day.

Homework - Making 'Home' Work For Your Children

Homework helps children build upon their learning and develop important life skills that will help them as they get older.

- Create a specific time and place for homework and studying to build a consistent habit.
- Incorporate breaks for your child to stretch and ease fatigue.
- If your child is struggling with a particular subject, communicate with teachers and ask for ways to help your child at home or at school.

TOP TIP

Use checklists, timers, and parental supervision to help children focus and stay organized with homework.

Well Balanced Lunch – Keep it Nutritious at Noon

Eating a balanced lunch and having a balanced diet is important to stay healthy and prevent sickness.

- Plan a balanced lunch and pack water for your child to drink.
- Make lunch tasty and appealing to encourage children to finish their food.
- Incorporate healthier snacks like trail mix, popcorn, and granola.

TOP TIP

Help children pack their own lunches to encourage responsibility, independence and healthy decision making.

Emotional Support – Being There for Big Emotions

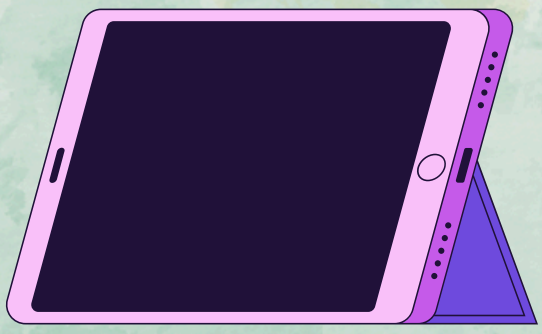
Back to school nerves are normal, and children need our help to regulate their emotions.

- Build confidence with praise and practicing positive self-talk
- Practice coping skills together to help children learn to regulate their emotions
- Remind your child of the fun aspects of school like seeing old friends, or making new friends and learning something new

TOP TIP

Use active listening skills as you talk to your child about their feelings and expectations, so they feel heard and supported.

Technology Management – Wean Off the Screens



Excessive screen usage can negatively impact a child's social-emotional development, sleep and mood. It is recommended that children use screens for no more than 2 hours a day.

- Turn off electronic devices an hour before bedtime
- Create media-free time (dinner, homework time) and media-free zones (bedroom).
- Encourage non-digital play and creative expression.
- Implement safe internet practices to protect your child while they learn and explore

TOP TIP

Consider educational apps and activities that will encourage learning.

Visit our website at tfc.bm Call us at 232-1116 Email: info@tfc.bm

Family Centre
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