

## Back to School Routines

As we prepare for the new school year and summer transitions to fall, it is very beneficial to start thinking about a routine that will work for your family. Check out these tips to help ease into a routine that will start the new year on the right foot.

1. Create a schedule and routine for school mornings: Know what time you need to leave the house to get to school on time and make a plan for how to accomplish that. This includes wake time, breakfast time, and time to use the bathroom. It may help to lay out clothes (including shoes) the night before. Make sure the backpack is packed up and near the door for easy use.
2. Decide on a homework schedule: Although you may not know how long your child's homework is going to take them quite yet, you can still create a routine for getting homework done. Will there be 15-30 minutes of wind-down time after school? Snack time? Having a predetermined set of activities will allow your child to know what to expect each day.
3. Decide on a homework space: Making sure your child does not do homework in front of the TV will ensure that they truly focus on their work.

To read more helpful tips for establishing a back-to-school routine, please visit [myhappynow.com](http://myhappynow.com).

**Ask Your Child:** What fun thing happened at school today?

## SCHOOL TIME



## Leaf Painting

### Materials

- Fallen leaves
- Paint
- Paint brushes
- Paper

### Directions

1. Begin by taking a walk to collect fallen leaves.
2. Then, set kids up with paint and paper and have them paint with the leaves.
3. Have kids simply paint the leaves with different colors. They can turn each leaf into a unique canvas.
4. Once a leaf is painted, press the painted side into the paper to make leaf prints.
5. Basically, the leaves are your paintbrush!

**Ask Your Child:** Which leaf print is your favorite?

## FUN CRAFT



## Changing Sleep Habits

School-aged children often struggle with falling asleep as they transition back to school. If your child is having difficulty falling asleep, you're not alone. Listed below are some common factors that impact children's sleep habits and how you can address them in your home.

**Screen time:** As kids develop, they gain more access to LED screens like TVs and smartphones, which can attribute to sleep deprivation. To make sure your child gets to sleep on time and gets a full night's rest, plan up to 1 hour of quiet time before bed. TV watching, homework, or gaming should NOT be part of quiet time.

**Transitioning into School:** With different schedules in the summer, it can be difficult to get back into the swing of school. Kids often go to sleep later at night during the summer as they often can sleep in more the next day. To get back on a regular schedule, start easing bedtime back at least 15 minutes earlier each night, then waking the kids up 15 minutes earlier in the morning. Continuing this practice on the weekends will allow your child to align their sleep habits with the time they need to wake up for the start of a school day.

**Sleep Walking:** This condition is more prevalent in children than adults and is often caused due to a lack of rest. It has even been linked to screen time. Children are more likely to sleepwalk or experience night terrors when they are overtired and or anxious. Try providing a relaxing bedtime routine for your child, followed by an early bedtime to help prevent sleep disturbances.

As a parent or guardian, leading by example can be the best way for your children to understand how to rest and why it is important. Show your kids that you have your own bedtime routine. If they hear you up watching something in the middle of the night, they're going to want to join in on the fun. Once you establish your own consistent bedtime, it will make it that much easier to enforce your child's bedtime.

**Ask Your Child:** Did you sleep well?

## HEALTHY KIDS



## Nutty Butterflies

### Ingredients

- Celery Sticks
- Peanut Butter
- Pretzels
- Candy Eyes (optional)

### Directions:

1. Slice a few celery sticks into small pieces as pictured.
2. Fill the celery sticks with peanut butter.
3. Place two pretzels in the peanut butter to be the butterfly's wings.
4. Add the candy eyes to the peanut butter (optional).

**Ask Your Child:** Where can you find butterflies?

## EASY RECIPE

