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Back to School Routine Help!

As the school year is upon us, it is important to focus on a routine at home. This can cause less stress on everyone in the home as well as for teachers and students at school. There are many ways to go about installing a routine in your home and it looks different for each family. Below are some tips to help all families out!

1. For families with multiple children, tailor routines to each child. One child may need help with different things in the morning that another has no problem doing by themselves. Work through a morning routine with them and ask them what things they would like you to help them with and how much time they need to do other tasks. This will help them feel ownership of their mornings! This can be applied to evening routines as well.
2. Make the routine visible for your children. Make a chart for mornings, after school, and bedtime routines and keep the chart simple so it is easy to follow. Older children may do well with simply a written checklist on the back of their bedroom door, while young children may do better with photos so they can picture what they need to do.
3. Give downtime, or connection time, a part of your routine. It is difficult for children to get up and start doing everything that needs to be done for the day, so it is important to connect with them in the morning. Time to sit down and talk or even cuddle on the couch for 10 minutes will give the child a sense of readiness for the day.
4. Homework can be one of the most struggling tasks for children to complete after school. Like mornings, providing your child with a structured schedule after school can help them stay focused and motivated. Providing encouragement, motivation, and assistance can help your

child get through their homework. Snacks are also a great way to keep your child's energy up while they work through their lessons.

5. Lastly, celebrate your child's successes! These can be anywhere from them picking their own outfit for the day when they usually do not, or them making their own afterschool snack while you finish your work. Acknowledging their effort to help is important so they know they are appreciated.

Like I said before, there is not a perfect way to help your children adapt to the school year but creating a routine that works for you and your family will help everyone be successful!

Sources:

<https://www.greenchildmagazine.com/back-to-school-routine/>

<https://childmind.org/article/helping-kids-back-school-routine/>