

Parenting and Back to School Toolkit

Resources for our NFP clients and their employees

It is time to head back to school! This time of the year brings a lot of energy and excitement, but it can also bring anxiety and fear. No matter the emotions surrounding back to school, this toolkit is filled with resources to help both parents and kids prepare for the upcoming school year. Emotional well-being is crucial for a successful year for both parents and their kids so it's important to ensure everyone feels safe and prepared as they enter a new year.



Some helpful tips:

Encourage open communication to address any anxieties or worries about the new school year.

- Foster a positive attitude towards learning and school by celebrating small achievements.
- Practice mindfulness techniques together to reduce stress and promote well-being.
- Connect with other parents or support groups to share experiences and tips for navigating the school year.

These tips can help parents and children navigate the back-to-school transition more smoothly while promoting emotional well-being and academic success.

This Parenting and Back to School Toolkit includes:

- Helpful tips for getting back on a good sleep schedule
- Ways to stay organized during the hectic weeks of school and afterschool activities.
- External websites, podcasts, and apps designed to support you and your family.



Getting Back on Schedule

With school starting soon, it is important to get back on a good schedule.

Getting back into a routine:

- Starting two weeks before school begins, start going to sleep earlier and waking up 15 minutes earlier each day ([Cleveland Clinic](#)).
- Start doing a nighttime and morning routine to help get everyone the same schedule ([PBSkids](#)).
- Plan before school and after school care if needed and discuss these plans with your kids so they know what to expect. [Care.com](#) is a great resource.
- Using the app [Calm](#) can help with winding down at night, as well as helping with sleep, especially if falling asleep is difficult.



Staying Organized:

- Create a family calendar with all afterschool and weekend activities to know what is coming up.
- Use an app like [Cozi](#) to keep track of everyone's schedules so everyone in the family has access to add and change plans.
- Meal prepping and meal planning helps when schedules get hectic.



Resources

Review the following resources as you search for reputable and updated information to support your employees.



Websites and Articles

- NPR [Back to School Tips](#)
- Care.com [101 Back-to-School Tips for Parents and Kids](#)
- CDC [Positive Parenting Tips](#)
- PBS [Back to School Tips for Parents](#)
- CDC [Helping Young Children and Parents Transition Back to School](#)



Podcasts

- [Calm Parenting Podcast](#)
- [Raising good humans](#)
- [No one told us](#)



Apps

[My Homework](#)



[Life 360](#)



[Care.com](#)

care.

[WebMD](#)

WebMD

[Cozi](#)

