



aspire psychological

Back to School Tips

FOR A SMOOTH START TO THE ACADEMIC YEAR

Bedtime Routine

Establish a consistent bedtime routine 2-3 weeks before school starts. If your child's sleep schedule was different over the summer, gradually adjust wake-up times to match the school schedule.

Daily Routine

Create regular daily routines when your child comes home. Include time for snack, play, supper, and homework and bed.

Morning Routine

Review and practice the morning routine before the first day. Have clothes picked out and bag packed and ready to go to ease the first morning of the school year.

Setting Familiarity

Visit the school and classroom with your child before the year begins, if possible.

Child Involvement

Involve your child in back-to-school shopping to ensure they have all necessary supplies and increase their excitement.

Acknowledge Fears

Discuss and address any back-to-school related worries or anxieties your child may have.

Teacher Dialogue

Reach out to teachers to establish open communication.

Classmate Connection

Encourage your child to connect with classmates before school starts, especially if they will be in a new school or new class.



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