



10 Tips for Back to School



1. **Get school supplies and a backpack**
2. **Re-establish routines for daily reading, limited screen time, and sleep**
3. **Discuss transportation to and from school**
4. **Establish routines for: morning wake-up, after school, and bedtime**
5. **Be active, exercise daily, and drink plenty of water**
6. **Complete all school paperwork and documentation**
7. **Talk to teachers about any special needs**
8. **Designate a spot at home for study and homework**
9. **Tour the school**
10. **Stay connected with the school - webpage, Twitter, Facebook**

