



# Slide Back into School

A new school year can bring excitement and anxiety to both parents and kids.

## GETTING READY

- Reduce stress by starting back-to-school shopping early. Review dress code and needed school supplies.
- Two weeks before school starts, set a new bedtime routine so kids can get used to the school day.
- Young children should go to bed earlier than older children. Ages 3-5 need 11-13 hours of sleep. Ages 5-12 need 10-11 hours of sleep. Teens need at least 9 hours of sleep.
- Visit the school and meet the teacher(s) if you can.

## THE FIRST DAY

- Be upbeat and calm to soothe your child and to reduce his anxiety.
- Have your child eat a healthy breakfast.
- Start a homework routine and choose a place to do homework.

