

Tips For Making Back To School Easier

1. Practice your routine before school starts. It's natural for students to shift their sleeping patterns to stay up late and sleep in during the summer. Parents and kids should plan several weeks ahead of the new school year to begin adjusting to school-year bedtimes to help students feel fresh on day one. It is recommended that most school-aged children (age 5-12) should get about nine to 11 hours of solid sleep per night.
2. Manage back-to-school stress. Establishing a consistent sleep routine can go a long way in helping to minimize the occurrence of back-to-school stress in students, but parents should note that sources of anxiety vary with age and affect students entering kindergarten to teens leaving for college. In many cases, the source can be attributed to social concerns—making new friends—or worries around performance. Parents can help manage stress by having age-appropriate conversations about fitting in, peer pressure and even more difficult topics like bullying and dating.
3. Achieve balanced nutrition, especially at breakfast. Children who eat a regular breakfast are more likely to have better concentration and miss fewer days of school. But not all breakfast foods are created equal—eating high-glycemic index foods, which cause powerful spikes in blood sugar, can lead to increased risk for type 2 diabetes, heart disease and obesity. Plan ahead with your student to pack healthy lunch options and after school snacks will give them then energy boosts and nutrients they need as they grow. Healthy breakfast basics:
 - Eat whole grains, such as whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, and Melba toast.
 - Avoid sugary cereals, opting for cereals with at least of 5 grams of fiber.
 - Add lean protein including peanut butter, lean meat, poultry or fish, and hard-boiled eggs.
 - Try low-fat dairy. Incorporate milk, plain or lower-sugar yogurts, and low-fat cheeses, such as cottage and natural cheeses.
 - Get fruits and veggies. Load up on fresh or frozen fruits and vegetables, 100 percent juice drinks without added sugar, and fruit and vegetable smoothies.
4. Set goals together. What does your student want to achieve this school year? Dedicating time to talk about goals and encouraging your student to write them down is a proven way to help set them on the path to achievement. Even better, post their goals in a prominent spot and check in throughout the year.

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