



Mindscales - Volume X Edition1

“GET READY FOR YET ANOTHER AMAZING SCHOOL YEAR”



Dear parent,

This edition of Mindscales will focus on the tips for parents to enjoy a successful school year.

This back-to-school advice for parents is designed to make the transition back to school smoother, reduce stress, and set the stage for a productive and fulfilling academic

journey. We want to make sure our kids have a great school year ahead, and these tips will help us do just that. Let's dive in!

Communication with our children

Create a safe space where you can have regular conversations with your children about how they are feeling, this will encourage them to open up

anything that is bothering them, whether it be school-related or not. If our child raises an issue, take the time to properly acknowledge their feelings, be empathetic and search for a solution together.

Re-establish a routine!

Establishing a consistent routine is important for kids. Write out the steps in the routine and rehearse them with our child. In the evening, this could include doing homework, playtime, brushing their teeth, having a bath, and reading before bed.

Encourage independence!

Children who play an active role in preparing for back to school – such as choosing and organizing school supplies and new clothes – are more likely to get excited about going back to school, which in turn eases their jitters. Is your child old enough for chores like emptying the dishwasher or making lunches? Daily, age-appropriate tasks will help our child gain independence and confidence.



Talk about safety!

Review outdoor safety rules – things like looking both ways before crossing the street, taking the same route every day if they are walking, familiarizing themselves with crosswalk rules, and being cautious in talking to strangers.



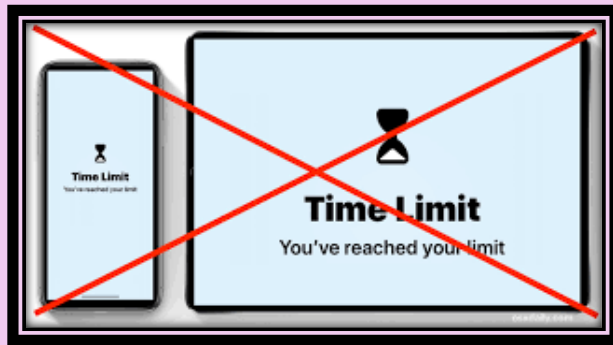
Establish healthy habits!

Involve your children in choosing and preparing healthy lunches and snacks. Help them find physical activities they enjoy. Take them shopping for healthy snacks and lunch items, they can pack

themselves. Try to stick to regular mealtimes.

Limit screen time

Back to school is the perfect opportunity to re-establish screen time limits. Why not have the whole family “unplug” in the evenings before bedtime? Choose a spot where everybody can charge their devices overnight. Use an alarm clock instead of a cellphone to wake up in the mornings.



Organizational Skills

Children are easily distracted, so when things are unorganized and messy, they often get sidetracked. This can impact their school life if they are constantly distracted due to being disorganized, eventually affecting their academic performance.

Parents can help to minimise this distraction by encouraging and practising organisation skills at home. There are several ways to encourage organisation skills:

- Teach our children how to use a calendar or personal planner: Let them add their activities (after school club, haircut, dentist appointment) to our home calendar, or create a calendar for just them to use.
- Teach our child how to create a to-do list to prioritise tasks: This can be as simple as ‘homework, after school football, dinner’ get into the habit of them writing it down and ticking it off when the task is complete.
- Encourage our child to keep their schoolwork organised into folders: Keep subject specific work in separate folders or use colour-coded paper so they know where to find each subject's work and can file their work neatly.



Set A Bedtime Routine

Stick to it as much as possible. This will help our child get back into the swing of things and make it easier to wake up early in the morning. We recommend switching up those fun summer late nights for early mornings about 2 weeks before school starts. This will help with the early morning tears...

References

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