



Back to school – up and about

It's been a month since summer break is over and another academic year has already begun. We hope all of you made the most out of the awaited summer vacation. All children feel a little nervous and would be battling butterflies about getting back to school. New teachers, a bunch of new friends and the same old buddy from last year 😊. Besides, there is a complete change in the routine.

From relaxed summer mornings to frenzy school mornings, from late night outs and outdoor play to strict and more fixed schedule.



To make the back-to-school transition easier, we have compiled a to-do list. As they say, it's never too late to catch up.

- **Adjust bed timings**

It's time to sober up the holiday spirit and get back to the routine of sleeping early and waking up on time. It is important to set a reasonable bed timings for the children so that they wake up refreshed and would be ready to conquer the world with their mighty pens & pencils the next morning.

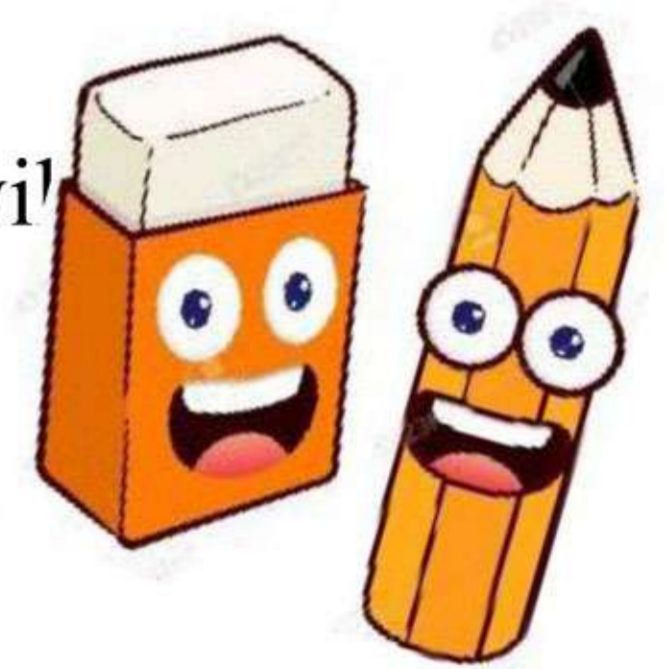


- **Healthy breakfast**

As important as the bed timings are, it's highly recommended that the kids have to be fed a healthy breakfast despite the morning rush. The better they eat, the more alert they become and do well in school.

- **Encourage your child to share his/her fears**

Talking to your child eases out a lot of problems. Bribing, cajoling and beating will definitely not help at all. Encouraging kids to address his/her fears or worry will help them learn and solve problem better.



- **Avoid/ restrict screen time**

It is important for parents to understand this. Giving easy access to television/mobile/laptop is something parents need to work on. Instead, encourage the kids to play outdoor with friends, involve them in extra-curricular activity like painting, drawing, sports, dance etc.



- **Check the diary regularly**

Ensure to check and sign the school diary regularly. This will shed light to what has been done in school and what needs to be completed at home. Setting up a "home-work" time for children help them complete their work and remain up-to-date with the school curriculum.

- **Stay positive**

Children mirror the parents. They look up to them. They pick up the parents feelings and react to them – often magnify the feelings as well. Positive attitude of parents has strong influence on how children begin and sail through a new academic session.

