



Getting Back to Routine

Dear Parents/Guardians,

Welcome to the 2019/2020 school year! As part of our wellness priority, we are sending out a newsletter each month focusing on a different theme. This month's theme discusses four ways to help re-establish a routine after the summer break:

1. Use a Family Calendar

Have a simple family calendar or chart in a common area of the house, which can be used to direct the routine by telling your children to look at the calendar when they ask what is going on. Doing this can encourage your children to take initiative for their daily schedule and build their independence. Be sure to check Edsby for important events to add to the calendar.

2. Ensure Proper Sleep

Well-rested children are happier, have stronger mental health, and are more ready to learn and remember information. To improve sleep, avoid having electronics in the bedroom (e.g., TV, cell phone, etc.) and have a charging station in a main area of the house. Keep a set bedtime throughout the week, including weekends. Slowly decrease your child's bedtime by 15 minutes to help them re-adjust a school bedtime.



3. Family Mealtime

Family dinners are an important staple in a routine and lead to better family relationships, provide children a sense of security and belonging, lead to healthier food choices, and increase a child's food preferences. Additionally, family dinners lead to better grades, stronger mental health, and better manners.

Another tip is to agree on breakfast food with your child the night before and write it on the family calendar/chart, which can help keep a positive routine in place the next morning.

4. Check in With Your Child

Getting back into a routine can be stressful for your child. Make connection part of the routine and check in with them to see how they are coping. Celebrate when they follow the routine. Ask questions about their day, such as, "What made you smile today?", "Did you help anyone today?", "What is something that challenged you?", "Rate your day on a scale of 1-10", and "What is your most/least favourite part of the school day?".

Stay tuned for next month's Wellness Newsletter on "5 Pillars of Well-Being."