

7 Back to School Hacks!

1

Label everything!

Shoes, water bottle, snack box, school bag, sun hat, etc. Items go missing, so this helps them get back to you.

2

Prepare the snack box together

This helps your child understand what they have to eat each day.

3

Hold a uniform fashion show at home

This helps your child to practice getting ready for school, and to feel more confident about their first day.

4

Run a 'test morning'

Choose a morning to practise getting ready for school. This helps you find out what your child finds difficult, so you can best prepare for the real day.

5

Go for a run, cycle or swim the night before

Exercise can help a child to feel relaxed and ensure a good sleep before their first day.

6

Create a new workspace at home

A desk area with fresh stationery helps a child get ready, and gives them a sense of pride about their study.

7

Buy a small gift

Something to celebrate the new year and prepare your child for school, for example: a watch to help them keep track of time.