

KixCare TIPS

How Do I Continue a Healthy Routine When My Kids go Back to School?



Back to school can be stressful when trying to manage homework, screen time, play and bonding. Here are some tips to help with the transition!

- 1 **Make a clear schedule with your children**, allowing them to fit everything in after school. A structured schedule will help your child focus on the homework that needs to be completed.
- 2 Make sure to complete homework after school with **parental/guardian support**. This will provide your child with encouragement, motivation, and assistance.
- 3 **Provide frequent positive feedback** for their effort, which will help keep them motivated to complete their homework.

Cut here for a colouring sheet for your little one

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