

The Ultimate Back to School Guide

For Parents



Top 5

BACK TO SCHOOL TIPS

1

PREPARE A ROUTINE

Before school starts, come up with a routine you and your child can follow for every school morning. Start the routine a few days before school starts so you and your child can “practice.”

2

INVITE FRIENDS OVER

Before school starts, make it a point to invite your child’s friends and parents from school over. Bring up the topic of the first day of school and talk about it as a group. Your child will realize they aren’t the only one who has a hard time dealing with change.

3

CELEBRATE THE FUN PARTS OF THE SCHOOL DAY

Use strategies to celebrate the fun parts about school to help activate pleasant memories and reduce anxiety. Watch a funny movie about school, share fun stories or make artwork about school-related topics.

4

GET ORGANIZED

Have school supplies ready, complete with color-coding for each subject. Designate a space in your home as a communications center. Create a homework space that is free from distractions and stocked with supplies.

5

COMMUNICATE WITH SCHOOL STAFF

Maintain open lines of communication with your child’s support team at school. Are there supports in place, such as help for a student who struggles or a learning program for attention issues?

Brain Balance Achievement Centers offer a personalized, drug-free program designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening brain connectivity through sensory engagement, physical development, academics, and nutrition. Over the past decade, this unique and effective program has helped thousands of individuals nationwide to improve critical life skills and create a brighter path for their future.

Supply List For Kids Who Struggle



- Visual Timer
- Pencil Grips
- Reading Ruler/Guide
- Weighted Lap Pads
- Slanted Writing Board
- Duplicate sets of Books and Supplies
- Stress Ball

All of the items listed are available on Amazon.com!

Sleep and Wake Up Strategies



- Stick to a consistent bedtime routine every night.
- Restrict electronics use in the last hour or two before bed.
- Use white noise and blackout curtains.
- Sleep with a weighted blanket.
- Set a bedtime alarm.
- Exercise daily and avoid caffeine and artificial ingredients that may promote hyperactivity.

Meeting the Teacher



- Send an email that introduces yourself and your child's learning differences or special needs.
- Have a face-to-face meeting with your child's teachers early in the school year.
- Develop a communication plan.
- Give your child's teacher encouragement, such as compliments and thank you notes, throughout the year.

Homework Station and Organization Tips



- Find a quiet space with good lighting.
- Include a supply caddy packed with the basics: pencils, erasers, markers, highlighters, glue, white-out, extra paper, etc.
- Create visuals that help your child break down tasks like piles for "to do" and "done"
- Consider using a "working clock" that you can mark with dry erase pen to show how long a task should take
- Maintain a detailed homework log or calendar to track when assignments are due and what's needed.

Lunch Bento Ideas



Tip! School mornings are busy! Instead of trying to figure out lunches ahead of time, help the mornings go smoothly by packing lunches the night before.



Egg Lunch

- Carrot slices
- Strawberries and blackberries on a skewer
- Hard boiled egg
- Gluten-free crackers

Ranch Lunch

- Leftover grilled chicken
- Bell pepper, celery and carrots
- Blueberries



Ranch Dip:

- 1 cup mayo
- 1 tsp dried parsley
- ½ tsp dried dill
- ½ tsp dried garlic powder
- ½ tsp dried onion powder
- ½ tsp dried chives
- salt and pepper

Place all ingredients in a bowl and mix until smooth and creamy. If desired, thin dip with unsweetened, non-dairy milk. Store in a covered container or mason jar in the refrigerator for up to 1 week