



Did you know?

BACK-TO-SCHOOL

Summer is almost over, and back-to-school time will be here before you know it! Here are a few tips for you to keep in mind to ensure things all go well.

BECOME AN EARLY BIRD

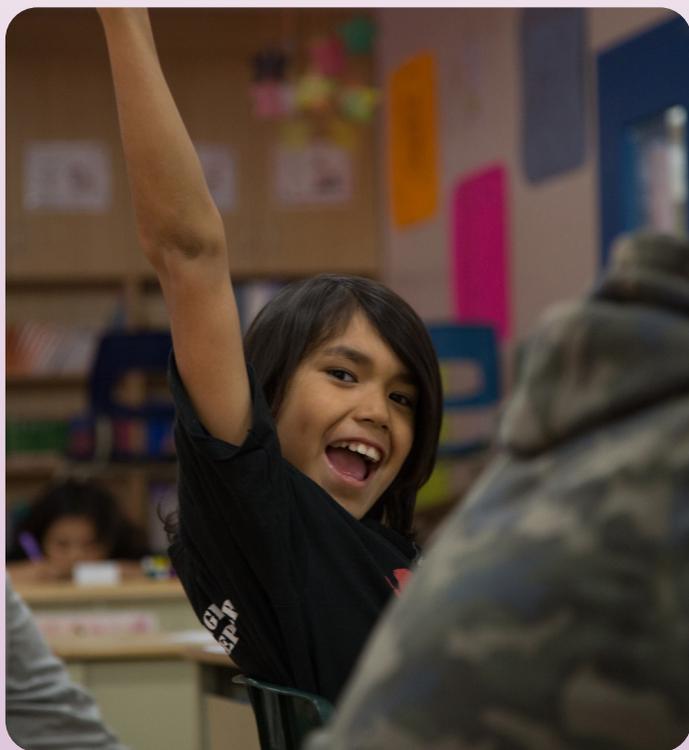
Return to your child's regular bedtime schedule by encouraging your child to get into the habit of going to bed a little bit earlier every night in the lead up to the first day of school. Did you know that children should get between 8 and 10 hours of sleep every night?

REINSTATE ROUTINE

Children thrive on routine. Write down the steps in your child's routine and do a dry run a few times before your child goes back to school.

ENCOURAGE INDEPENDENCE

Children who are actively involved in back-to-school preparations like choosing their school supplies and clothes, are more likely to look forward to their return to class.



ESTABLISH HEALTHY HABITS

Let your child participate in making healthy food choices and preparing school lunches and snacks. Encourage your child to be involved in physical activity or sports that your child enjoys.

SCOUT THE AREA

Get out and explore the area around the school. You can even try out the playground equipment! This will give your child the opportunity to become familiar with the school environment.

TALK ABOUT BACK-TO-SCHOOL JITTERS

Reassure your child. Tell your child that it is normal to be nervous, and that even teachers are too. Let your child express his or her worries. You could tell your child what the first day of school was like when you were a kid.

CELEBRATE THE START OF A NEW SCHOOL YEAR.

If you make the first day of school an event that deserves to be celebrated, your child will see back-to-school time in a different light.

The First Nations Education Council would like to wish you all a great return to school!

REFERENCES

<https://fondationjeunesentete.org/en>
<https://www.enfant.com> (in French only)
<https://naitreetgrandir.com> (in French only)

I'M INVOLVED!
cepn-fnec.ca/involved/

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