



Back to School Tips:

Routines

Fine tune your routines and make them closer to a school schedule (adjust lunch and naps if your child still takes one) you can look online at your schools schedule to see what time they eat lunch- if you don't already know.

Travel

[Make a Travel busy bag](#) & Pack an emergency snack. They're a total sanity saver.

Love

Plan 1 special thing for the first day of school; some mommy & me time extra early morning snuggles or story, an afterschool trip to their fav park, a [note](#) or [joke](#) in their lunch box- you get the idea!

Organize

Get a planner or [smart phone app](#) to help you keep track of important dates and or multiple school schedules.

[Clip art by:](#)

