

August is National Back to School Month

Back-to-school success

Is your child struggling to adjust to the end of summer vacation?

Here are some tips to help them transition back into a school routine:

- 1 **Prep for the switch.** Before the first day of school, review your expectations for morning and evening routines, homework, screen time and more. This will help your child feel more prepared and organized.
- 2 **Stay calm and supportive.** Everyone feels a bit nervous about a new school year. Children will take their cues from you, so be calm, reassuring and optimistic to help them feel more confident.
- 3 **Promote a healthy start.** Encourage healthy habits, including regular sleep, exercise and balanced meals. A well-nourished body and mind can improve focus.
- 4 **Highlight the positive.** Remind students about things they can look forward to in school like time with friends, the playground, gym class, field trips or even wearing new outfits.



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