Finding Your Family's School-Year Rhythm

By September, the first-day excitement has started to fade and the real pace of the school year begins to take shape. It can take a little time to find a rhythm that works. These simple ideas can help your family settle into the school-year routine and handle the day-to-day with a little more ease.

Make Space for a Reset

The first few weeks often reveal where the pressure points are. Maybe mornings are more rushed than expected, a new activity is taking up more time or your child needs more downtime after school. Pick one thing that would make the week easier and try a small change rather than attempting to overhaul everything at once.

Check the Afterschool Load

September is a good time to see whether the balance of school, activities, homework and rest is working. If every afternoon feels packed, look for one evening a week that can stay unscheduled. Children—and adults—benefit from having time that does not need to be rushed from one thing to the next.

Protect Unstructured Time

A full school calendar can make every afternoon feel scheduled. Make room for a little time that is not tied to homework, practice or screens, whether that means reading together, playing outside, listening to an audiobook or simply relaxing. A small pause can help children recharge before the next day.



Parent/Teacher Conferences

October 7th and 8th

This is a great time to set goals and work together to make it a great school year!

Get Ahead of Cold and Flu Season

As the weather changes and students spend more time together indoors, now is a good time to revisit the basics with your child. Remind them to wash their hands with soap and water, cover coughs and sneezes with a tissue or elbow, and tell a trusted adult if they are not feeling well. Practicing these habits at home makes it easier for children to remember them during the school day, too.

A school-year rhythm takes time to build, and it might change as schedules and needs evolve. Small adjustments along the way can help your family move through September with a little more ease.

Source: Lysol Here for Healthy Schools