

TIPS AND TRICKS FOR BACK TO SCHOOL!



Tip #1

Find fun and creative ways to help your kiddos stay organized!

Try finding short, focused times when you can get a lot done! Grab a new agenda or make some to-do lists!

Tip #2

Establish a designated workspace for kids

When possible, having a clean and quiet space to work can help with concentration and comprehension.

Tip #3

Create realistic routines

Try creating routines that are specific to your scheduling needs! This can look like designated times for waking up, homework and meal times. But remember, what works for one family may not work for another, and that's okay!

Tip #4

Involve your little (and big) ones in household tasks!

The school year is always hectic, so consider involving your kids in tasks around the home to lessen the load and help them build new skills!

Tip #5

Be gentle with yourself!

No matter how much planning we do, things will happen unexpectedly! Try to approach yourself with compassion. Just because a routine works now, doesn't mean it always will! Remember, you are doing your best; what works for one family may not work for another!

And remember, whether you are a student, caregiver, parent, or all of the above, you are doing your best.

Cheaper! place for school supplies and financial support

- Jean - Coutu
- Dollarama
- Opération Sac À Dos
- Government financial assistance:
<https://shorturl.at/sDQ26> (in French only)