



## Tips to start the school year off right!

1. Identify the most important values for your family for the months ahead:
  - a. Calm mornings
  - b. Eating dinner together
  - c. Dedicated family time each week that's fun
  - d. Not overscheduling
  - e. Having a game plan for regular communication
2. Enlist a support team
  - a. Carpool
  - b. Source for readymade healthy meals
  - c. Backup babysitters
3. Spend time in Nature with your family
4. "Just Because you can, doesn't mean you should" (or "No" is a complete sentence)
5. Have a technology plan!! For both you and your children!
  - a. Have clear guidelines for how/when your kids can be online, play video games or use other devices
  - b. Overuse of media is a top culprit for undermining a family's sense of well-being and connectedness
6. Schedule time for rest and relaxation for yourself and family
  - a. Model good self-care
  - b. Don't forget about your own interests

Tips to help get children both mentally and physically prepared for the day ahead:

1. **Reconnect**

Kids will be much more likely to follow morning directives if they have some time to connect with you first. The night represents separation for the child so they want to interact with us as we are trying to desperately get through our agenda

- a. Spend 5 minutes snuggling
- b. Hold hands while walking downstairs
- c. Choose a card from a yoga deck and do a pose together
- d. Write down something you are grateful for (gratitude jar)

Getting up a bit earlier than your kids gives yourself the time to fully wake up, have coffee, etc. then you can shift to being present to them

2. **Create a morning routine**

Make a **launch pad** in your home, an area where kids get organized for the day, creating a space for supplies and visuals that will keep them on track

- a. Space for backpacks, bins for folders/homework,
- b. Morning routine checklist-visual that allows kids to take ownership of their responsibilities and assert control rather than you having to constantly remind them (have to review it first)
- c. Mindful Brain Breaks game
- d. Pick an affirmation phrase and recite one each morning

**25** **GROWTH MINDSET**  
STATEMENTS AND AFFIRMATIONS

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I get better at things when I practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results and don't compare myself to others
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

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\*\*You can incorporate affirmations into other tasks like while brushing hair or driving to school or walking to the bus stop

3. **Create a music playlist together and use it as a timer.** Kids can learn to recognize the change in songs as their reminder to move to the next task. Once “Happy” starts you should be brushing your teeth.
  
4. **As with anything practicing when the pressure is off, is the best way to learn a new routine.** Kids can play out the morning routine on weekends using stuffed animals or finger puppets to practice. Older kids can share their perceptions of the morning routine, what can be improved or why breakdowns occurred? They can also think about what they would like to learn to do in the morning, like making their own breakfast, getting themselves dressed, helping younger siblings with reading the affirmations and getting to the next task. Remember to pause if the morning routine went particularly smoothly and PRAISE your children for their effort and hard work especially if there were improvements after setbacks-make a big deal of that-want to reinforce the positive behaviors!

### **Create a morning playlist:**

<https://open.spotify.com/user/b2czwfsrff4aqxig6owak4fjb?si=Mr5UV-9zTmC3yfMoTE-EIA>

### **Mindful Brain Breaks download**

Find on our website Resource page under Parenting Toolkit or Past Presentations

<https://newcanaancares.org/resources>