6 Tips For a Successful Return to School After Winter Break

#1 Prepare Your Kids for a Return to School & Schedules

A few days before, start talking about returning to school and let them know you will be getting back into daily routines. Tell them their teacher and friends are excited to see them.

#2 Reintroduce Their Bedtime Schedule

Start 3-4 days before school starts and put your child to bed 30 minutes earlier each day until you are at the normal school bedtime. This will help your child get back into routine in time for school to start and be less sleepy in the morning.

#3 Practice Waking Up for School

Sleeping in is part of the excitement of the holidays. A few days before school starts, start waking up 30 minutes earlier until you are at your normal wake-up time. On the first day back to school, give yourself an extra 15–20 minutes buffer in case of traffic, meltdowns or delays.

#4 Include Reading Time Every Day

Schedule time for the library, read beloved holiday books together, or set up a read-before-bedtime routine. It will help to reduce screen time and can prevent academic slide during long breaks, since reading is at the core of all subjects.

#5 Use a Gift Card and Buy Some New School Supplies

Having a new set of colored pencils and pencil sharpener might be just the thing to cheer up your keiki and get them excited for school. If you bought supplies at the beginning of school, save some for January.

#6 Plan Something to Look Forward to After School Starts

Making a plan for a simple activity like going to the park on Saturday or a play date with a friend on Sunday can help kids get past the anxiety of the first week back at school and give them something to look forward to.