

Back-to-School, Back-to-Routine: Wellness Tips for Families

Healthy routines support learning, focus, and emotional wellbeing. A few small changes can set the foundation for a successful school year—for kids and parents alike.

As the school year approaches, many families face a big shift: earlier mornings, tighter schedules, and added stress. However, a few small wellness habits can make a **big difference**. Studies show that students who eat a healthy breakfast are **twice as likely** to perform well in school, and **only 1 in 5 adolescents** get the sleep they need to thrive. Use these quick tips to help your family ease into a healthy, balanced routine:

WELLNESS TIPS FOR A SMOOTH TRANSITION

- **Adjust sleep schedules:** Gradually move bedtime earlier to improve focus, mood, and immunity.
- **Fuel with nutrition:** Plan balanced breakfasts and snacks. Encourage hydration throughout the day.
- **Schedule checkups:** Use back-to-school time for annual visits, vision screenings, and vaccines.
- **Prep the night before:** Pack bags, set out clothes, and plan the next day's schedule.
- **Support mental health:** Have short check-ins about how your child is feeling.
- **Move daily:** Encourage physical activity—walks, bike rides, or outdoor play.
- **Stick to a routine:** Consistent schedules for meals, homework, and bedtime create structure and calm.



SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION, NATIONAL LIBRARY OF MEDICINE