12 New School Year Resolutions

Make Mornings a Breeze
• Use a checklist to remember everything and stay on time
• Make sure everyone eats a healthy breakfast

Pack Healthy, “Green” Lunches
• Include lots of fruits and veggies
• Use reusable bags and containers

Encourage Kids’ Independence
• Don’t do everything yourself, Mom!
• Assign self-care tasks and chores to kids

Help at Your Child’s School
• Help with one or two fundraisers or events
• Don’t over-commit if you don’t have time

Stick with an After-School Routine
• Include snack time, playtime, and homework time
• Make sure kids have everything they’ll need to do their homework

Make Homework Time Painless
• Provide a good workspace and necessary materials
• Keep kids away from distractions, such as TV and cell phones
• Review kids’ assignments

Keep Kids’ Schedules Manageable
• Do one sport or extracurricular activity per season/semester
• Block out family downtime on your calendar

Communicate with the Teacher
• Introduce yourself to teachers early on
• Go into parent/teacher conferences prepared

Fit in Physical Activity
• Encourage outdoor games and play
• Parents, this means you, too!

Make Time for Family Dinners
• Recharge with regular family dinners
• Prepare easy make-ahead meals to reheat

Establish Screen-Time Limits
• Set firm time limits on TV, video games, tablets, and phones
• Keep tabs on kids’ Internet use and safety
• Encourage kids to play educational games

Be Firm About a Bedtime Routine
• Find out how many hours of sleep your kids need (8.5 to 11 hours)
• Use a consistent bedtime routine
• Stick with a firm “lights out” time – no excuses!