

# 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!

