

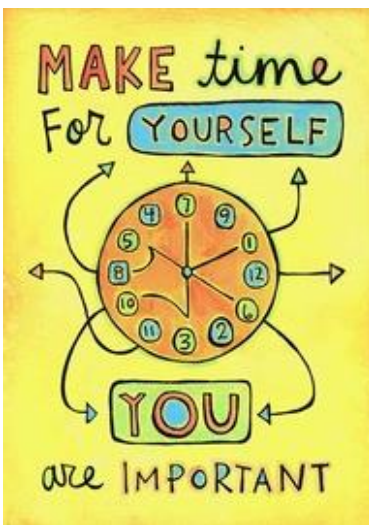


## August 2018

**August starts the 2018-19 school year at Reach-Up Head Start/Early Head Start.**

### Back to School Tips!

- Use a planner
- Create a family calendar and put it in a common location
- Tackle big tasks first
- Don't procrastinate
- Take breaks
- Early to bed!
- Avoid screens at least 1 hour before sleep
- Get enough sleep (aim for at LEAST 7-8 hours for adults, more for kids)
- Get organized
- Prepare clothes, lunches, bags, etc. the night before
- Eat Breakfast
- Have a positive attitude towards work, school and learning



### What do I do for self-care?

- |                                |  |
|--------------------------------|--|
| Get plenty of sleep            | Tidy   |
| Enjoy sunshine                 | Read   |
| Cook                           | Read about people whose lives are more complicated |
| Write or draw (think out loud) | Garden   |
| Talk to myself                 | Get a hug  |
| Cuddle cats                    | Talk to select people                              |
| Walk or bike (esp. in a park)  |  |



Visit cultural attractions like museums to shift their brains into "Scholar" mode.

Encourage your kids to read at least one book before the school year begins.

Reacquaint your kids with the calendar schedule they'll use to manage their activities.

Refresh your rules about screen time for the school year. What's allowed and when?