

End of Summer Tips!?

Is it just me or did the summer fly by? I think I'm also a minority when I say that I'm actually not that excited about school starting up again.

I've enjoyed the kids this summer. They're at an age where they're funny, communicative, helpful and pretty self-sufficient.

I've enjoyed getting to have lunch with them more often, enjoyed sleeping in just a wee bit, enjoyed the ability to only have to get myself ready in the morning and have enjoyed the relaxed schedule—comparatively.

Just like my kids, I can't say I'm looking forward to the homework, the stricter schedules and saying good bye to the kids staying in their pajamas on occasion.

However, the end of summer is inevitable, so we must embrace it.

Here are ways you can help your kids—and yourself, start to get back into the swing of things.

- Get the kids back to going to bed earlier. Start now. Send them to bed earlier in increasing segments such as 30 minutes earlier this week. Then an additional 30 minutes earlier next week.
- Start waking yourself up a little bit earlier and wean yourself off of “sleeping in.”
- Wake up the kids earlier in increments just like the increments you're using for the school-time bed time.
- Get them used to eating their meals and snacks at the same times they'll be eating around during the school day.
- Make sure they're finishing up (or starting if they haven't already!) any summer projects they were assigned.
- Go through the clothes they'll need (including those needed for sports) and make sure you replace anything worn out.
- Rather than trying to get all the school clothes shopping done at once, try to break it up into smaller chunks. This will not only help it feel like such a daunting day, but it could help you get better deals. If something isn't on sale and you don't absolutely need it. Check back later and it just might be on sale then.
- Start getting them back into the habit of getting their clothes out the night before.
- Have them get their backpacks ready.
- Establish a schedule together. Sit down with your children to write out their schedule. For instance, when they get home, how much time do you/they want for a snack, rest time, homework, bath...
- Lastly, enjoy every extra minute you can with them before they are “back to the grindstone.”

What do you find helpful when preparing your children for the next school year and Summer's end.