

The Key to a Smooth Back-to-School Transition is Routine

Best in Class Education Center offers tips for parents to get their students back on track and in the "school state of mind"



Back to School season is upon us! In a matter of weeks, students will be reminiscing about their summer, and in many cases, struggling to get back into their daily school routine. The key word being "routine."

Best in Class Education Center has five key tips to ensure a smooth back to school transition:

- Get back to a regular sleep schedule. Prior to the night before school starts, get back on track with a scheduled bed time. Encourage kids to drink water and eat healthy snacks. Start phasing out caffeine and sugar. Try making healthier choices by substituting fruit-infused water for pop and grain/oat-based bars for candy or ice cream.

- Cut down on "screen time." Chil-

dren tend to rely on TV and tablets for entertainment towards the end of the night. Remind your kids that their electronics need to sleep too and that it's important to power down, particularly at night. Encourage them to read 15-30 minutes (with a physical book) before bed.

- Practice handwriting. It seems like an automatic skill, but it can worsen without practice. Rather than spending time with their toys and gadgets the week before school starts, encourage your children to pick up a pen or a pencil for journaling their favorite summer memories.

- Brush up on basic math skills in the kitchen. Get children involved with preparing snacks, taste testing lunch options for the school year, or helping prepare dinner. Counting out pieces of produce or practicing fractions by helping to measure out ingredients are great ways to encourage practical applications of math.

- Re-establish a daily routine. Have children practice getting up and getting dressed at the same time every morning. Try planning activities to get everyone out the door in the morning at a set time.

Best in Class offers a variety of customized, supplemental enrichment courses and tutoring options to ensure your student is equipped with the tools they need to exceed their academic goals this school year.

For further information about Best in Class services for your student, or about current franchising opportunities, visit www.bestinclasseducation.com or call toll free at 1.888.683.8108.

Best in Class is targeting the addition of 20 more units in 2014. The state of Texas has been identified as a key state for growth. The current team behind Best in Class is looking for passionate and dedicated individuals to join this premier franchise family and ensure our youth will excel academically.

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