



### Back to School Success!

The end of Summer break and the start of a new school year can be an exciting time for the whole family. But new bedtime and morning routines, earlier commutes, and figuring out quick and healthy breakfast and lunch ideas can be stressful! Here are some helpful tips so you're not scrambling at the last minute:

- **Create a technology-free environment during mealtimes.** Research shows that when families disconnect from technology and share a meal together, they can reconnect with each other. Additional studies show that kids who ate with their families 5-7 times a week did much better in school than those who only ate with the family less than 3 times per week. Learn how to [set media guidelines](#) to promote healthy self-image.
- **Make time to engage your children.** Parents, don't let the everyday business prevent you from taking time to connect with your child. Even if they approach you at a not so convenient time, take a few moments to listen to their concerns or comments and stop and engage. For example, if they say, "I hate school," do they really mean something else like, "I'm being bullied"?
- **Make "time" for 3 activities: "playtime," "downtime," and "family time."** Research shows that making time for these 3 is crucial for overall well-being. Spending a few moments together to relax will be restorative for the whole family and won't negatively affect those college admissions applications! Family time can include family meals, cooking, or playing games together. See these articles for more tips: [family meals](#), [play every day](#), and [empowering healthy choices](#).

### Parent Power Tips from the SuperKids Nutrition Founder

Here are some tips on how to create stress-free homework time in your home this school season.

**Ensure your kids get a good night's rest!** Kids 6-13 years old should sleep 9-11 hours a night, while teenagers need 8-10 hours of sleep. Getting enough sleep will allow them to tackle the day with fresh energy. Learn more about [sleep and weight](#).

**Walk away.** If you notice your child getting frustrated by a homework task, encourage them to take a break or move on to something else and come back to it with a clear mind. Healthy fun breaks can lower anxiety. Try a 15-minute active [game break](#).

**Stay organized.** Make a tidy homework space for your child with all the supplies they will need readily accessible.

**Create a schedule.** Help your kids create a schedule to make time for homework, activities, chores, and sleep so that they know what they are working on and when. Get them involved in [preparing dinner](#) with you 1-2 times a week.

**Time management.** Remove distractions like cell phones and T.V. during homework time so that your child stays focused and completes their homework in a timely manner.

**Get started early.** Try to avoid starting homework later in the evening when both you and your child will have less time and energy to complete the assignments. This will reduce stress for you both.

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Melissa Halas-Liang,  
MA RDN CDE  
Mom & Registered