



**TIPS FOR AN EASEFUL
TRANSITION FROM**

SUMMER TO SCHOOL 

because it takes a village!

www.bringbackthevillage.org

CREATE A NEW ROUTINE

I don't know about you but our summer routine is more laid back. We're not as consistent with bed time routine, screen time goes a little longer, etc. Now that school is approaching it's time to get back into that routine. You can start by slowly easing into an earlier bedtime one day at a time. Research shows that kids, especially preteens, need at least 9 hours of sleep a night. A recent study found that children who received less than 9 hrs of sleep a night experienced "more mental health and behavioral challenges than those who got sufficient sleep. These included impulsivity, stress, depression, anxiety, aggressive behavior, and thinking problems."

1

Kids need at least
9 hrs of sleep

ANTICIPATE

BIG FEELINGS



2

All the feels!

Transitions are hard, there's no way around it. Anticipate that your child will have some big feelings about changing their routine and returning to school. There can be excitement, anxiety, fear, uncertainty. That's a lot for our little one's to hold. They will need support expressing and releasing those feelings. When the big feelings come out our job is to

Connect- get down to their level, "I can see you're having some big feelings about this"

Empathize- "I get it, the first day of school is a bit scary and exciting"

Be the anchor in their storm- "Would it help if I walked you in?" or for older kids "Would it help if you planned to meet up with (school friend) and you walked in together?"




FAMILY IS

PRIORITY


How do you come together as a family? Movie nights, game nights, family walks?

Back to school comes with homework, school projects, sports schedule...things get busy. It's easy to lose connection and get sucked into the business of life. Make family connection a priority. Keep things light, fun, and family centered.



3

Keep the
connection
strong!





4

Don't forget
about you!



SELF



CARE

Just as our kids need space to vent and express their feelings, so do we. Don't forget about you! Taking time to tend to your emotional, physical and spiritual needs will help keep you grounded and connected to your needs.

A warm bath, a guided meditation, a walk around the block, a chat with a good friend...whatever feeds your soul, make time for that. It nourishes our body-mind-spirit and sets a healthy example for our children.

INTRODUCTION

Hi! I'm Gina Janc, LMFT



I'm a Licensed Marriage and Family Therapist and mom who gets it! I understand the challenges of raising a child, navigating a career, striving to be the best mom, wife, friend I can be and squeezing in a yoga class here and there. I quickly found out this is no easy task! We need each other, we need our village!

I created Bring Back the Village to support women, children and families develop the tools they need to navigate life's challenges. Knowing we're not alone in our struggles releases shame and brings us together. What an honor it is to be on this journey together! If you need more support on your journey you can find me at www.bringbackthevillage.org