

Back to School List for Parents

1. Don't sign up for everything.
2. Schedule downtime and connection time with each child- Everyday.
3. Make playing outdoors a habit. Forget seasons predict and adapt.
4. Not everyone is doing it. It might look like it but they aren't. It's Okay to be different!
5. Have playdates and dinners with (new) mates. Expand your circle
6. Learn new skills, go out, let the kids see you differently.
7. Take it easy on yourself. When systems, routines and ideas fail. Pick yourself up and try again.
Chocolate is not the answer. (That last bit was for me!)