

BACK2SCHOOL



Pray And Occupy

- **Pray Ahead: Create** a prayer card or scripture wall art for each child, this can have scripture addressing any challenges the child may be dealing with (follow our social media page for back-to-school prayers).
- **Quality Time:** Plan to spend quality time with each child days before school resume to talk about their feelings and expectation about school and lead them in praying about it.
- **Equip The Child:** Begin the school day with prayer or affirmations.
- **Values And Expectations:** Reinforce values like respect, integrity, and kindness in everyday life.
- **Take Charge:** Drive by and pray over the school environment some days before school resumes.



Parents of Elementary and High School Students.

Consider taking the first day of school off work so you are there for your child as they get ready for school.

Walk or drive them to school if you can and get to meet the staff and their class teacher. If it is allowed let your child show you around the premises and pray in your heart as you walk along.



A good prayer for this is that the environment of this school will be positive for learning and growing for my child, no evil is permitted to touch my child, and they will be an outstanding student. The favour of the Lord shall be with them, and they will achieve great success.



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Is your child ready to tackle the upcoming school year with confidence and enthusiasm? At The Parenting Platform, we understand the importance of effective back-to-school preparation. That's why we're excited to offer some tips to set you and your child up for success.

Organize For Success

- **School Supply Station:** Keep supplies organized in one place to reduce last-minute scrambles.
- **Homework Zone:** Have a quiet and well-lit space with minimal distractions.
- **Daily Check In:** Make it a priority to check with each child daily asking open-ended questions about their day.
- **Be Watchful:** Watch for signs of anxiety or stress (changes in mood, appetite, or sleep).
- **Avoid Overload:** Avoid overcrowding the daily schedule with family, and extracurricular activities to avoid burning out.
- **Be Present And Involved:** Let your child know it's okay to ask questions and be open to their suggestions.

Start Routines Early

- **Adjust Their Sleep Schedule:** Shift bedtime and wake-up times a week or two before school starts.
- **Practice The Morning Routine:** Try a "mock school morning drill" to smooth out any kinks in the routine.



Build Healthy Habits

- **Prep:** Plan and prep healthy meals to avoid rushed mornings.
- **Screen Time Limits:** Have a strict screen time schedule during school days and keep screens out of the bedroom at night.
- **Physical Activity:** Create a regular physical activity routine for the family and encourage participation in organized sports at school.



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