



# CREATING A NEW BACK TO SCHOOL RHYTHM HIGH SCHOOL

The transition from summertime to back-to-school can happen so quickly that we're already in our new routine before we even realize it. Below are some suggestions for how to create an intentional and meaningful back-to-school rhythm for a high schooler in this phase\*:

*(\*Please note that many of these are transferable to other phases. Feel free to look through each list for additional ideas!)*

**ESTABLISH A ROUTINE THAT FOSTERS COMMUNITY INSIDE THE WALLS OF YOUR HOUSE.** Choose one night a week that's a non-negotiable "family night." Whether it's dinner at a local restaurant, baking everyone's favorite cookies, a nightly walk, or a board game, create and protect a touchpoint for you and your family that occurs regularly.

**EARLY IN THE SCHOOL YEAR, TAKE YOUR STUDENT TO THEIR FAVORITE RESTAURANT OR COFFEE SHOP** and ask them what their goals and plans are for the upcoming year. Help them create clear, measurable objectives for each goal—even going as far to create reminders on their phones or tablets to keep them on track.

**YOUR HIGH SCHOOLER IS GROWING UP—BUT THEY STILL NEED YOU.** Find a creative way to regularly encourage them and remind them that you're available. Set a reminder on your phone (for 1-2 times a week) to send them a purely encouraging text, email, or message.

For fresh ideas on connecting with your child every week, download the Parent Cue App, available on iTunes and Google Play.



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