



CREATING A NEW BACK TO SCHOOL RHYTHM

# PRESCHOOL

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 preschooler in this phase\*:

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

**EVERY MORNING, YOU WILL SET THE MOOD FOR THE DAY.**

Reduce morning stress by setting out your child's clothes and packing bags the night before, and wake up to your alarm. Make it your priority to be prepared so you can focus on sending your child to school feeling loved and happy.

**ASK YOUR PRESCHOOLER TO HELP CREATE THE NEW SCHEDULE FOR YOUR MORNING ROUTINE.** Print out or draw pictures representing key points in the morning—wake time, breakfast, teeth-brushing, hair-brushing, dressing, time to leave, etc. Ask your preschooler to help you arrange the pictures in order. Post the schedule and use it as a daily guide.

**MAKE YOUR NEW DRIVE-TIME COUNT.** During the trip to and from your child's school, point out interesting or unique landmarks along the way, and sing preschool Bible songs together. On your way home, you can both share one "high" and one "low" of your day. Give your child words to help them express how those events made them feel.

**INSTEAD OF SIMPLY ASKING ABOUT YOUR KID'S DAY, PLAY "SCHOOL" WITH YOUR PRESCHOOLER A FEW TIMES A WEEK.** Take turns letting them be the teacher and you and/or their stuffed animals being the student(s). Ask them to show you (act out) something funny that happened, something that confused them, or something new they've learned.

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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