



# Therakids

Addressing the Needs of Educators and Planting the Seeds of Classroom  
Wellness.

## Back to School

It's that time of year again – back to school! Hopefully everyone had a good summer and is getting back into the routine of school. Children can have a difficult time transitioning from summer break to school mode again. The following tips will help your child ease back into school mode:

- Kids respond well to routine. Pick an appropriate bed time/wake up time and stick to it. A constantly changing bed/wake time makes it hard for kids to know what to expect
- Promote a positive mood. A simple “have a good day” can have a positive effect on your child’s mood and set the tone for the day.
- Plan ahead. Have an outfit for the day laid out, lunches made, and backpacks packed the night before. Give yourself enough time in the morning to not feel rushed. Let your child help pick out their clothes and pack their lunch. It is important that they get to help make these “important” decisions.
- Promote independence – have your child dress themselves, brush their hair/teeth independently. Allow yourself enough time in the morning for your child to perform these tasks themselves. Start small – have them put their socks on and as their skills progress you can increase the number of tasks they complete.

### Increasing attention

- #### Transitions
- Let your child know you care – put positive notes in their lunchbox or backpack
  - Let them express their concerns and help talk through them and provide coping strategies
  - Remain calm and positive. Everyone has a bad day from time to time
  - Most importantly – talk about what’s going to happen. Help them anticipate changes in their schedule

- A child can concentrate on a task for 2-5 minutes PER year old. For example: you can expect 12-30 minutes of attention from a 6 year old.
- Take brain breaks when needed
- Adjust time frames if needed.
- Remove visual distractions
- Make homework fun
- Break tasks into smaller parts
- Play memory games: red light/green light, Simon Says

Therakids p.c. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapists assistants and speech-language pathologists.

Website: [www.therakids.org](http://www.therakids.org)