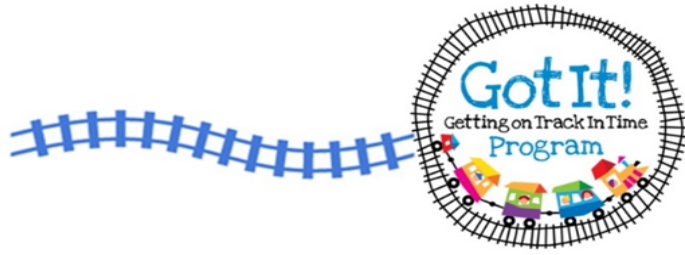


Got It!



Starting the Day Right

Is your child struggling to get started?

Children's brains and bodies are better able to get ready for learning when they have a consistent morning routine. This will also help prepare them for transitioning back to school.

Ideas to start the day right:

Start the day at the same time each day



Start the day with a healthy breakfast



Go for a short walk or do some child yoga



Have everyone in the household name something they are grateful for. The power of positive thinking can improve their mood and happiness!

