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# SMOOTH BACK-TO-SCHOOL TRANSITION: SAMPLE CALENDAR FOR SHIFTING FROM SUMMER TO SCHOOL ROUTINES

As the eagerly anticipated start of the school year approaches, it's completely natural for both parents and children to experience a medley of emotions, including excitement and perhaps a touch of apprehension. The back-to-school season marks a significant transition, and we recognize the importance of making this period as smooth and positive as possible for your family.

This guide provides a sample calendar to assist you in proactively preparing for the school year, ensuring a smoother transition for your children. Remember that flexibility is key during this transition period. Every family is different, so feel free to adjust the timeline and activities based on your specific needs and circumstances. The goal is to gradually shift from the relaxed summer routine to the more structured school routine while maintaining open communication and a positive attitude.

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<b>August 28</b> <b>Introduction to the transition plan.</b> Discuss upcoming changes with children.	<b>August 29</b> <b>Start setting slightly earlier bedtimes,</b> about 15 minutes earlier than usual. 	<b>August 30</b> Plan a morning activity that resembles a school morning routine.	<b>August 31</b> Introduce the concept of setting out clothes and packing bags the night before. 	Create a family calendar to track everyone's activities and commitments.	Utilize the provided resource sheets for creating study, play, and bedtime schedules.					
<b>4</b> <b>Move bedtime 30 minutes earlier;</b> encourage quiet wind-down activities before bed.	<b>5</b> Morning practice continues. <b>Discuss goals for the upcoming school year.</b>	<b>6</b> <b>Lay out clothes and prepare bags for the next day.</b> Emphasize organization.	<b>7</b> <b>Visit school to walk through the routine:</b> classrooms, lockers, etc.	<b>8</b> <b>Review the family calendar together.</b> Discuss any adjustments needed.	Utilize the provided resource sheets for creating study, play, and bedtime schedules.					
<b>11</b> <b>Gradually shift bedtime to school year schedule.</b> Aim for 45 minutes earlier.	<b>12</b> Morning practice includes getting ready and having breakfast as if it were a school day. 	<b>13</b> Encourage children to pack their school bags exactly as they would during the school year. 	<b>14</b> Discuss time management and allocate time slots for homework, activities, and relaxation.	<b>15</b> Family meeting to address any concerns or questions about the transition.	For more support, take a look at our community resources below or reach out to us at <a href="mailto:info@aocan.org">info@aocan.org</a> , or call 519-208-5333.					
<b>18</b> <b>Bedtime aligned with school routine.</b> Ensure a calming pre-sleep routine.	<b>19</b> Full dress rehearsal of a school morning, from waking up to leaving the house.	<b>20</b> Introduce a technology curfew in the evening to support better sleep. 	<b>21</b> Emphasize the importance of consistent routines and how they contribute to success.	<b>22</b> Reflect on the transition process so far and celebrate the upcoming school year.	<ul style="list-style-type: none"> <li>• <b>Community Resources:</b> <a href="https://aocan.org/resources/">https://aocan.org/resources/</a></li> </ul>					
<b>25</b> <b>First day of school!</b> Follow the established routine. 	<b>26</b> <b>Review the morning and afternoon routines.</b> Make any necessary adjustments.	<b>27</b> Check-in on how the transition has been going and address any challenges.	<b>28</b> <b>Revisit the family calendar.</b> Discuss extracurricular activities and commitments.	<b>29</b> Plan a fun family activity or treat to celebrate the successful transition. 	We encourage you to use or share our well researched resource sheets with your networks and organizations but we respectfully request that you honour our copyright and leave our branding intact.					