



SEPTEMBER 2021

## Make Back to School a BLAST!

It's that time of year again: time to get ready for back to school! To help get you started, we've created a list of the top 10 things to get your child (and you!) ready for smooth sailing during the first few weeks of school.

1. Plan a back to school party
2. Create a morning schedule
3. Eat a healthy breakfast
4. Set out clothes the night before
5. Plan a healthy lunch
6. Make dedicated TV-free time
7. Create a quiet study space
8. Stick to a bedtime routine
9. Make time for family night
10. Stock up on school supplies



## Shop Outside the Lines

School supply shopping can be stressful, but it doesn't have to be! Here are a few ideas to keep it fun:

**Shop the sales.** Many stores advertise annual school supply sales and it's easier than ever with buy online, pick up in store options.

**Make your own.** Let your student show off their skills with these fun DIY ideas:  
<https://linnerchildfun.com/2013/08/diy-school-supplies-kids-can-make.html>

**Have them pick.** Help them get excited for back to school by letting your student pick their own favorite colors and patterns.



## A Labor of Love

Regardless of when school starts, Labor Day traditionally symbolizes the end of summer. It's one more opportunity to cook-out and kick-back! This year, we wanted to share with you some family-friendly options to celebrate Labor Day the healthy way.<sup>1</sup>

**Food Safety:** to avoid food poisoning, make sure perishable foods are put away within 2 hours.

**Sun Safety:** Labor Day can be hot! Make sure to take breaks in the shade, drink plenty of water, and use sunscreen.

**Water Safety:** If you plan to celebrate around water, always designate an adult to keep watch.

## Book It to the Library

September is Library Card Sign-Up Month. All public libraries offer free cards to adults and many offer them for children as well! And the library is more than books... Today, libraries offer movies, music, plus tons of digital options. They have free children's programming and some libraries have even started maker spaces with STEM tools and 3D printers. Whatever you're looking for, it's only a library card away.<sup>2</sup>

Sources: 1) <https://healthland.time.com/2012/08/31/how-to-stay-healthy-this-labor-day-weekend/>  
2) <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>  
<https://www.ala.org/conferencesevents/celebrationweeks/card>