Start smart

Get your kids ready to go to school

aetna
Health and wellness tips

Start smart with this back-to-school guide

It’s almost time to hit the books

After a summer filled with fun and sun, it can be stressful for kids to switch gears and get ready for the school year. Use this back-to-school guide to help prepare your kids for the exciting year ahead.

Ease into the school routine¹

Before school starts, you can gradually adjust your child’s sleep and wake times. This will help set their biological clocks for the new schedule. Preschoolers need eleven to twelve hours of sleep a night, school-age children need at least ten hours, while teens need nine to ten hours.

Prepare brain-boosting foods²

• Eggs are a great protein source, but did you know that egg yolks are also packed with choline, which helps memory development?
• Oatmeal is packed with protein and fiber, which help keep heart and brain arteries clear.
• Kale is a super food, packed with antioxidants that help new brain cells grow. Blend kale into smoothies for snack time.
• Apples and plums contain quercetin, an antioxidant that may fight decline in mental skills.

Mindfulness techniques to manage stress

Ask your child to close their eyes and imagine the sounds, smells and sensations associated with an image (like the beach). Practicing deep breathing can also help reduce stress and anxiety.

Start the conversation

Reach out to your child’s teachers to talk about their needs. Discuss their strengths and struggles, preferred learning styles and any other issues that may affect them.