

BACK TO SCHOOL

GUIDE FOR ELEMENTARY
SCHOOL FAMILIES

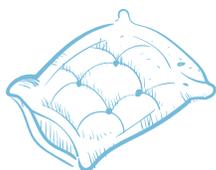


BACK TO SCHOOL

Let's make this transition easier for everyone!

Have some conversations with your family, find the pain points and...

- Start fresh. Forgive each other for past offenses!
- Give everyone a chance to share what they need.
- Validate feelings & work together to set clear expectations.
- Empower everyone to have a role in the work. Go team!
- Practice BEFORE school starts (if possible).
- Make time in 30ish days to celebrate successes & adapt as needed.



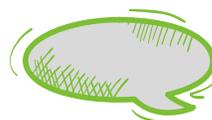
SLEEP: How much sleep do we need? When is bedtime & what's the routine? When do you need to get up and who/what will wake you up?



RELATIONSHIPS: When will we make time to pray and read the Bible? When will we make time for each other? How do you like to show and receive love?



RESPONSIBILITIES: What personal grooming & household chores are expected to be done (& by whom) before school? After? Before bed?



FEELINGS: How can we make it safe to admit when we're worried, stressed, impatient, frustrated, etc.? What are healthy coping strategies?



MEALS: Buy/bring lunch? Who makes breakfast, packs snacks & fills water bottle? What are acceptable options during school & after? Dinner routine?



MESS UPS: How can we first show love & grace to others when we make mistakes? When are consequences needed and what should they be?



SYSTEMS: Bus or drop off? Where do backpacks, lunch bags, papers "live"? Homework time? When are screens allowed & for how long?



FIRST WEEK OF SCHOOL

When life gets bumpy, remind each other that transitions are hard but more fun if we learn how to do them together.



CELEBRATE: What matters before/after the first day of school? What doesn't? Will pictures be taken? If so, when, where, with what and by whom?

Practically speaking:

- Clear calendars & mind your energy "tanks"
- Keep meals simple & prep in advance
- Expect emotional rollercoasters but don't get on
- Ask God for help & forgive quickly
- Let grace abound, speak life, give more hugs

Need inspiration or guidance on any of these topics?

You'll find a bounty of articles, podcasts and resources online. We curated a few to get you started: thecrossing.church/kidsathome.

THE _____ FAMILY'S

BACK TO SCHOOL

PLAN

We prioritize the items below and will make an effort to honor the commitments we made to ourselves and to one another.

Family Meet Up: _____

This is the date/time we will circle back up as a family to celebrate successes and adapt as needed.



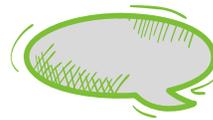
SLEEP



RELATIONSHIPS



RESPONSIBILITIES



FEELINGS



MEALS



MESS UPS



SYSTEMS:



FIRST WEEK OF SCHOOL

Jot down what will make this transition easier for each member of the family and work together to serve each other well!





CELEBRATE

****BONUS**** Since the goal is progress not perfection, what would be a fun way for your family to mark moments of growth?