



BUILDING HEALTHY HABITS

Getting Ready for Back to School!

Hey families,

Summer is coming to an end, and a new school year is just around the corner! Getting ready for school does not have to feel stressful. Small steps during August can help children feel ready, healthy, and excited for the first day.

Tips to Help Get Back Into the School Routine:

- Get back to a school sleep schedule. A few weeks before school starts, move bedtime and wake up time closer to the school schedule. Try moving bedtime earlier by 15-30 minutes every few days.
- Practice school day routines. Have your child wake up at the same time, eat breakfast, get dressed, pack a backpack, and practice getting ready for school.
- Keep learning fun. Spend a few minutes each day reading, writing, counting, or playing a learning game.
- Talk about going back to school. Some children may feel excited, while others may feel nervous. Both feelings are normal. Ask your child: "What are you excited about?" or "Is there anything you are worried about?" Let them know that all feelings are okay.

Too hot to go outside?

When it is too hot to play outside, try these fun indoor activities:

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| 1. Read or write stories | 5. Dance party |
| 2. Do an art project | 6. Cook or bake while counting ingredients, shapes, and colors |
| 3. Indoor scavenger hunt: ask kids to find something red, or soft, or round, etc. | 7. Make a collage using old magazines or newspapers |
| 4. Complete a puzzle | 8. Make paper puppets and put on a puppet show |



Early Childhood - HRL Preschool

Starting preschool or childcare can be a big change for young children. Families can help by practicing simple routines before the first day:

- Putting on and taking off their shoes
- Washing their hands
- Opening their lunch or snack, and cleaning up after themselves
- Cleaning up toys
- Asking an adult for help
- Following simple directions



Resource Family Corner

Know the School Calendar

The first day of the 2026-2027 NYC Public Schools school year is Thursday, September 10, 2026. Families should check their child's school for school specific information, schedules, and important dates.

Tip: Save your child's school calendar on your phone or put important dates on a family calendar.

Get school information ready

Make sure your child's school has your current phone number, address, emergency contacts, and email.

NYC Public Schools Family Welcome Centers can help families with school enrollment and other school related needs. Search "NYC Family Welcome Centers" online to find the location closest to you.

Before school starts, check if your child needs a physical exam, dental visit, vaccines, health forms, or medication forms.

Ask your child's health care provider what is needed.

