



## TOP TIPS TO PREPARE YOUR CHILD FOR GOING BACK TO SCHOOL

The summer vacation is coming to an end, and a new school year is about to start, bringing the promise of new ambitions to be achieved and the anticipation of realising dreams. However, the beginning of the new school year also brings anxiety to parents, since they recognise how important their role is in preparing their children mentally and emotionally to embrace the return to school with enthusiasm and high spirits. So, dear mothers, we present you here with some advice on how to best prepare your children for going back to school.

### FIRST: RESTORING SCHOOL BEDTIME



While the summer vacation may have allowed for flexibility in your child's sleeping hours, you now need to gradually get your child back into the schooldays sleeping routine well ahead of their return to school, to ensure that they wake up feeling fresh and at their **optimal mental and physical capacity**. Keep in mind that children at elementary and preparatory school levels must have enough sleep to perform at their full learning and cognitive capacity and improve their skills.

### SECOND: SHOPPING FOR SCHOOL SUPPLIES



Take your child to shop for all the school supplies they may need, whether a backpack, notebooks, or pencils, and let them feel the joy of getting brand-new items of beautiful designs and attractive colours to restart school feeling good. But don't forget to paint a big smile on their faces with their favourite snacks, mainly Kinder in all its varieties. This year, Kinder will enrich your child's back-to-school experience by sharing dedicated content on its website with your family, including a **frequently-asked-questions' page** for parents, and **edutainment games** for children, with **valuable prizes**.

### THIRD: ORGANISING YOUR CHILD'S STUDY CORNER



Arrange for a desk or study corner to gear your child's mindset up for going back to school. Let them choose the spot by themselves to **feel proud and enjoy the enthusiasm** of tidying it up and adding their own touch.

### FOURTH: SHOW INTEREST IN YOUR CHILD'S FEELINGS AND THOUGHTS



Dear mother, it's always good to have a heart-to-heart chat with your child; let them open up to you and share their thoughts, feelings, apprehensions or anxiety, about going back to school. They may need you to boost their morale and make them feel more at ease about school. Make them understand that you are their anchor, and that you are always ready to listen to their issues and **give them all the support they need**.

If you need more inspiration and advice during this important and challenging stage in your life and your child's life, please visit the Kinder website, where you can find advice from experts in the field, covering various aspects, which are sure to help you in easily and successfully overcoming any hurdles and challenges before the start of the school year.