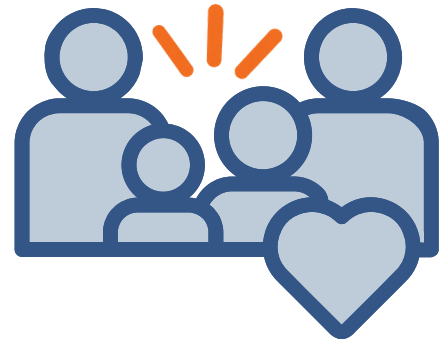


BACK TO SCHOOL

Routine Playbook

SMALL ROUTINES MAKE BUSY WEEKS FEEL EASIER

Welcome back! Returning to school means balancing homework, sports, music lessons, work schedules and family life. Creating a few predictable routines helps reduce stress, improve sleep, support learning and make technology work for your family—not against it.



Five healthy foundations to build upon:

LEARNING

- Homework routine
- Reading time
- Backpack ready

SLEEP

- Consistent bedtime
- Screens off before bed
- Device charging station outside of bedroom

MOVEMENT

- Walk or bike when possible
- Movement breaks during homework
- Be active as a family

NOURISH

- Breakfast
- Water bottle
- Bulk prepare healthy snacks

CONNECTION

- Eat with others without distractions
- Daily check in

HEALTHY DEVICE HABITS DURING THE SCHOOL YEAR

Make room for what's most important.

- ☒ Meals are screen-free
- ☒ Homework before entertainment
- ☒ Devices charge outside bedrooms
- ☒ Screens off 1 hour before bedtime
- ☒ Parents model healthy device habits
- ☒ Notifications turned off during homework

MORE WAYS TO MAKE THE SCHOOL YEAR EASIER:

- Pack tomorrow's bags tonight.
- Lay out clothes before bed.
- Keep chargers in one central location and outside of the bedroom.
- Create one shared family calendar.
- Build movement into transitions.
- Aim for connection before correction.
- Don't strive for perfection—consistency matters most.

BACK TO SCHOOL

Routine Playbook

TECHNOLOGY BY AGE

ELEMENTARY	MIDDLE YEARS	HIGH SCHOOL
• Parent-managed devices • Use devices in shared family spaces • Limited recreational screen time	• Create a family technology agreement together • No overnight devices • Discuss social media regularly	• Collaborative expectations • Encourage self-management • Protect sleep • Balance online and offline activities

FAMILY ROUTINES CHALLENGE

Choose 3-5 routine activities to focus on this Fall:

- ☐ Eat together 3 times/week
- ☐ Devices out of bedrooms
- ☐ Read for 15 minutes
- ☐ Walk after dinner
- ☐ One screen-free evening/week
- ☐ Pack backpacks the night before
- ☐ Family calendar check every Sunday
- ☐ Homework before entertainment
- ☐ Move for 10 minutes after school
- ☐ Everyone charges devices in one place

HOUSEHOLD ROUTINE AGREEMENT

In our home...

Homework starts at _____

Devices charge here _____

Screens turn off at _____

Family meals are usually _____

Everyone helps prepare for tomorrow by _____

Our screen-free spaces are:

- ☐ Bedrooms
- ☐ Dinner table
- ☐ Vehicle
- ☐ Homework area
- ☐ Other _____

We value:

- ☐ Sleep
- ☐ Learning
- ☐ Movement
- ☐ Connection
- ☐ Other _____

In our home, devices will be turned off at _____ (agreed upon time)
and charged here: _____

Everyone initials here