

Healthy Living™

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Back to School and Back to Work

Easing Back into the Routine

Easing back into a routine after the summer vacation is hard but not impossible. Routines are important because they help families organize themselves and allow for time to be spent together. Here are a few simple tips to get the new school year off to a good start:

For school-aged children:

- Although it is ideal for them to follow the same bed time schedule all year round, the reality is that it often doesn't happen. Enforcing a reasonable bedtime will be challenging during the first couple of weeks of school, but it is crucial to be persistent. For late risers, try to get them excited about their day at school so that they will want to wake up at the required time.
- Mornings tend to be a chaotic time but ensure that children eat a healthy breakfast before they leave the house. Offer a small variety that includes fruit, vegetables, grains (whole wheat if possible), protein and dairy products. Packed lunches should also include this healthy variety.
- Make sure the evening routine includes adequate time for homework completion and a family sit-down meal.

For adults:

- The first day back to work can be daunting, especially with the anticipation of the pile of papers to sift through and the emails to answer. Try to get to work earlier than usual to allow for time to adapt to work mode. Also, if possible, try not to schedule any out of the office meetings during the first week back.
- Don't skip a meal. Eating breakfast, lunch and dinner at the appropriate times helps to get back into a routine.
- Sleep is important for everyone, regardless of their age. It's a time for rejuvenation and recovery from the stresses of the day. Even though it is not always possible, try to go to bed at the same time each night.

