



FROM YOUR CFS **Wellness Specialist**



Back to School After Christmas Break

Transitioning back to school in January can feel challenging, as the excitement of the holidays fades and the cold winter months stretch ahead. The lack of upcoming breaks or vacations can make it seem like a long road until spring.

With the new year, it's a good time to reflect on the hope and strength we find in God's promises. Isaiah 41:10 reminds us: "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." With this assurance, we can face the upcoming months with confidence, knowing God is always by our side.

What can we do to help children through this transition? Consider the acronym "**ROAR**": **Rest, Organize, Attend, and Routine.**

Rest is essential for children's success in school. If their bedtime during the break was later than usual, gradually shift it back to a school-night schedule. This allows their bodies to adjust and ensures a well-rested start to the school day.

Organize school items such as winter coats, backpacks, and lunchboxes to prevent last-minute stress. A designated spot for these items helps set a positive tone for the day.

Attend to your child's emotional needs by talking with them about the coming months. Are they excited, nervous, or unsure about something? Address any concerns they may have, pray together, and encourage open communication.

Routine provides a sense of security. Reinforce consistent wake-up times, bedtimes, and meal schedules to help your child adjust to the regular school routine. Predictable [routines](#) create a sense of security and set children up for success each day.

By focusing on **Rest, Organize, Attend, and Routine**, you can help your child navigate the transition back to school in January with confidence and ease.

May God bless you and your children with a smooth start to the new year!
