



Beating school stress

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North-West News

PARENTS may be relieved that teachers are taking their children off their hands this month, but back to school time comes with plenty of its own stresses.

Thousands of Queensland students will be marching back to school on January 29 and for many families there is no tougher time, with school shopping lists, adjusting to new schedules and early mornings.

Psychologist professor Matt Sanders said creating a strong routine and sticking with it could help make the adjustment easier.

“Communicate simply and clearly to your children about what is expected of them in the morning,” Professor Sanders said.

“From Prep age onwards, your child can be expected to get themselves out of bed, dress, eat breakfast, pack their school bag and be ready to leave on time.

To read more, please visit: <http://quest.smedia.com.au/north-west-news/> (Thursday, Jan 17 2019 edition)