E-TIP
Educational Technology Integration Pointers

TECH AND THE BACK-TO-SCHOOL ROUTINE

As teachers and parents, we know that after a nice, long summer vacation, it can be very difficult getting back into the swing of things when the school year starts, not only for the kids, but also for us. The key to easing into the school year routine is preparation, organization, and consistency. It can be helpful to ease into your family's regular schedule a week or two before school starts so that everyone can be adjusted to earlier bedtimes and wakeup times and know what their daily routine will look like once school begins. Here are some helpful tips:

- **Get a good night's sleep.** If you or your children have their phones, televisions, or any other electronics in your bedrooms at night, you can go to the app store and install blue light filters on them, such as Twilight, or you can use the Night Shift option on your iOS device.
- **Use educational apps.** You can download a variety of fun educational apps on your phone or tablet to jumpstart the school year and help your child ease into his or her school mind again. It might not even feel like work for them! The TED app, Quizlet, and Duolingo are beneficial for older students, and Puzzingo and ABCya! are geared toward younger students. Khan Academy has math and science video lessons and practice problems, too. Try several different apps to change things up!
- **Make it as fun as possible.** With the ever-growing popularity of smart watches like the VTech Kidizoom Watch DX, your children will be encouraged to be active while practicing their math skills and staying organized.
- **Don't stress too much.** Relax and enjoy these crazy moments because they pass by far too quickly. Your stress can also cause your kids to feel more stressed. To help you stay organized and a little less stressed, you can use apps on your phone, such as Cozi, or you can encourage your children to be responsible by using apps such as Time Timer and Remember the Milk, among others.

Educational apps for younger children:
https://www.parents.com/fun/entertainment/gadgets/best-educational-apps-for-kids/

Educational apps for older students:
https://www.commonsense.org/education/top-picks/10-great-free-apps-for-high-school

Getting back into the school routine:
https://childmind.org/article/helping-kids-back-school-routine/

Organizational Apps for Kids of All ages:
https://www.commonsensemedia.org/blog/7-apps-to-help-your-kid-be-more-responsible

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Five Ways to Get Your Kids Back into the School Routine. (n.d.). Retrieved July 24, 2018, from http://www.parenttoolkit.com/academics/news/back-to-school/5-ways-to-get-your-kids-back-into-the-school-routine

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