



**FocusedKids™**

A Brain Empowerment Program

## TIPS FOR PARENTS



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## Set Your Child Up for School Success



### Sleep

Healthy brains need sleep! Sleep affects every aspect of our lives. When things feel “off” with your child, check in with their sleep. The brain can’t do its jobs well when sleep deprived, causing more meltdowns and reactivity.



### Connection

Be purposeful with how you spend time with your children. Give them space to name how they are feeling. When they feel seen and heard, they will feel calmer, be less reactive, and will be able to access their prefrontal cortex more easily.



### Routine

The brain likes predictability! Routines will set everyone up for success. Start small – a morning routine, an after school routine, or a bedtime routine. Then, build up to incorporating routines for all parts of the day.



### Mantra

A family mantra gives everyone in the family common language towards feeling happier and more successful. Tie your family mantra into something you are working on at home and recite it together as part of your daily routine.



### Gratitude

Thinking about the things we have in our life wires the brain for a more positive outlook, even when times are rough. It also wires the brain for more happiness which leads to healthier relationships and stronger problem-solving skills.

**As parents, it is our job to model healthy coping strategies.  
Visit [focusedkids.org](http://focusedkids.org) for more ideas!**