

Back To School

It's that time of year again where we send our children off to school. As happy as some children are to start this venture, for others it can be a very stressful time. The unknown of new peers, teachers and daily routines can be overwhelming to a child at any age. This being said, there are many strategies to help a child cope with new school routines.

Strategies for Success:

- Try your best to have your child prepared. Have supplies and back packs ready to go for the first day of school.
- If your child is new to the school see if you can arrange an orientation prior to the first actual day of school.
- Maybe a new t-shirt or special hair do for the first day of school.
- Start a bedtime routine so your child is well rested.
- Pack healthy foods for lunches and snacks. Brains need food!
- Make time for homework or assignments and encourage your children to ask for help.
- Most important, encourage your children to have FUN!

If the first day doesn't go as planned, move on to the next day with a smile on your face and a positive attitude to help your child succeed.

In other news.....

It is with sadness that I have left my position as a Primary Care Nurse at the Bow Island Medical Clinic. It has been a pleasure being part of a wonderful clinic team and assisting my patients has been a highlight in my career. During the transition phase of welcoming a new nurse, I ask that you continue to book and attend appointments with your family physician. As my family begins our new venture, I thank you all for allowing me to be part of your health journey!

