

CROSSFIT TORQUE

Preparing Your Kids for the School Year



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INTRODUCTION

As the school year approaches, both excitement and apprehension fill the air. The shift from summer's relaxed pace to the structured routine of school can be daunting, but with thoughtful preparation and practical strategies, it can become a smooth and positive transition. This ebook is your comprehensive guide to ensuring your child is ready for a successful and enriching school year.

These pages are packed with a wealth of practical tips and actionable advice designed to support your child in every aspect of their school life. We'll start by exploring effective methods for re-establishing routines and providing the stability and productivity needed for academic success. Nutrition plays a crucial role in this, so we'll dive into the importance of a healthy breakfast, offering quick and wholesome recipes to fuel your child's day.



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To keep your child energized and focused throughout the school day, we'll share nutrient-rich snack ideas that are easy to prepare and delicious. Recognizing the pressures that come with school, we'll also address stress management, offering strategies to help your child cope with anxiety and maintain a positive mindset.

In today's digital age, screen time is a growing concern, especially when it impacts sleep. We'll provide tips on reducing screen time before bed and suggest engaging alternatives to ensure your child gets the restful sleep they need. Additionally, we'll guide you through creating a sleep-friendly environment and establishing bedtime routines that promote healthy sleep habits.

Whether you're a seasoned parent or navigating the school routine for the first time, this ebook is filled with valuable insights and practical advice to make the upcoming school year a success for your child and your family. Together, let's make this school year the best one yet!



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- Establishing a consistent daily schedule
- Importance of setting bedtime and wake-up times
- Creating a morning routine
- Planning after-school activities and homework time

Chapter 2: Fueling Your Kid for School

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- Components of a balanced breakfast
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- Recognizing signs of stress in kids
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- Impact of screen time on sleep
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Chapter 6: Tips on Improving Sleep

- Importance of good sleep hygiene
- Creating a sleep-friendly environment
- Establishing a bedtime routine
- Managing nighttime fears and anxieties



TIPS FOR GETTING BACK INTO A ROUTINE

Getting back into a routine after the summer break can be challenging for both kids and parents. Here are some tips to help ease the transition:

- **Set Consistent Bedtime and Wake-Up Times:** Establish a consistent schedule at least a week before school starts to help your child adjust. Aim for 9-11 hours of sleep per night for school-aged children.

- **Create a Morning Routine:** Plan and practice the morning routine, including time for breakfast, getting dressed, and packing school bags. A visual schedule can help younger children understand the sequence of activities.

- **Plan After-School Activities:** Schedule time for homework, extracurricular activities, and relaxation. Ensure there is a balance to avoid overwhelming your child.

- **Prepare the Night Before:** Lay out clothes, pack lunches, and organize school supplies the night before to reduce morning stress.

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FUELING YOUR KID FOR SCHOOL

A nutritious breakfast sets the tone for a successful day at school. It provides the energy and nutrients needed for concentration and learning.

Components of a Balanced Breakfast:

- Protein: Eggs, yogurt, milk, cheese, nuts
- Whole Grains: Whole grain bread, oats, cereals
- Fruits and Vegetables: Fresh or dried fruits, smoothies, veggie omelettes
- Healthy Fats: Avocado, nuts, seeds

Healthy Quick Breakfast Recipes:

Recipe 1: Yogurt Parfait

- Ingredients: Greek yogurt, granola, mixed berries, honey
- Instructions: Layer yogurt, granola, and berries in a bowl or jar. Drizzle with honey.





FUELING YOUR KID FOR SCHOOL

Recipe 2: Overnight Oats

- Ingredients: Rolled oats, milk or almond milk, chia seeds, fruit, nuts
- Instructions: Mix oats, milk, and chia seeds in a jar. Refrigerate overnight. Top with fruit and nuts in the morning.

Recipe 3: Smoothie Bowl

- Ingredients: Frozen berries, banana, spinach, milk, granola, chia seeds
- Instructions: Blend berries, banana, spinach, and milk until smooth. Pour into a bowl and top with granola and chia seeds.

Recipe 4: Veggie Omelette Muffins

- Ingredients: Eggs, spinach, bell peppers, cheese, salt, pepper
- Instructions: Beat eggs and mix with chopped vegetables and cheese. Pour into a muffin tin and bake at 350°F for 20 minutes.

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FUELING YOUR KID FOR SCHOOL

Recipe 5: Whole Grain Pancakes

- Ingredients: Whole grain flour, baking powder, eggs, milk, vanilla extract
- Instructions: Mix flour, baking powder, eggs, milk, and vanilla. Cook on a griddle until golden brown.



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SNACKS TO FUEL YOUR KID FOR SUCCESS IN THE CLASSROOM

Snacks play a crucial role in maintaining energy levels and concentration throughout the school day. Here are some nutrient-rich snack options:

Nutrient-Rich Snack Options:

- Fruits and vegetables
- Whole grain crackers or bread
- Nuts and seeds
- Cheese and yogurt
- Hummus and guacamole

Quick and Easy Snack Ideas:

- Apple slices with cheese
- Carrot sticks with hummus
- Whole grain crackers with peanut butter or almond butter
- Greek yogurt with honey and berries





SNACKS TO FUEL YOUR KID FOR SUCCESS IN THE CLASSROOM

Recipes for Homemade Snacks:

Recipe 1: Fruit and Nut Energy Bars

- Ingredients: Dates, almonds, oats, honey, dried fruit
- Instructions: Blend dates and almonds until finely chopped. Mix with oats, honey, and dried fruit. Press into a baking dish and refrigerate for 2 hours. Cut into bars.

Recipe 2: Veggie and Hummus Cups

- Ingredients: Bell peppers, carrots, cucumbers, cherry tomatoes, hummus
- Instructions: Slice vegetables and arrange in a cup with a scoop of hummus at the bottom.

Recipe 3: Apple Slices with Cinnamon

- Ingredients: Apples, cinnamon
- Instructions: Slice apples and sprinkle with cinnamon. For added flavor, dip in yogurt or nut butter.

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MANAGING STRESS

It's important to recognize signs of stress in children and provide them with strategies to manage it effectively.

Recognizing Signs of Stress in Kids:

- Changes in sleep patterns
- Irritability or mood swings
- Difficulty concentrating
- Physical symptoms like headaches or stomachaches

Strategies for Managing Stress:

Relaxation Techniques:

- Deep breathing exercises
- Progressive muscle relaxation
- Visualization techniques

Encouraging Open Communication:

- Create a safe space for your child to express their feelings
- Listen actively and validate their emotions
- Offer reassurance and support



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MANAGING STRESS

Creating a Calm Homework Environment:

- Designate a quiet, well-lit area for homework
- Set a regular homework time
- Break tasks into manageable chunks and take breaks





DECREASING SCREEN TIME BEFORE BED

Excessive screen time before bed can interfere with sleep quality. Here are some tips to reduce screen time:

Impact of Screen Time on Sleep:

- Blue light from screens disrupts the production of melatonin, a hormone that regulates sleep.
- Screen time can overstimulate the brain, making it harder to fall asleep.

Tips for Reducing Screen Time:

- Set a screen curfew at least one hour before bedtime.
- Encourage reading, drawing, or other quiet activities instead.
- Use apps or settings to limit screen time and block blue light.

Alternative Activities to Screens in the Evening:

- Reading books
- Doing puzzles
- Playing board games
- Engaging in quiet play

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TIPS ON IMPROVING SLEEP

Good sleep hygiene is essential for a healthy school routine. Here are some tips to help improve your child's sleep:

Importance of Good Sleep Hygiene:

- Consistent sleep patterns support physical and mental health.
- Quality sleep enhances memory, concentration, and overall well-being.

Creating a Sleep-Friendly Environment:

- Keep the bedroom cool, dark, and quiet.
- Use a comfortable mattress and pillows.
- Remove distractions like toys, electronics, and bright lights.

Establishing a Bedtime Routine:

- Set a regular bedtime and stick to it, even on weekends.
- Create a calming pre-bedtime routine, such as reading or taking a bath.
- Avoid stimulating activities and caffeine before bed.

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TIPS ON IMPROVING SLEEP

Managing Nighttime Fears and Anxieties:

- Address your child's fears with reassurance and comfort.
- Use a nightlight if needed.
- Practice relaxation techniques before bed, such as deep breathing or guided imagery.



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