

Mayo Clinic Minute: Building a back-to-school routine

Video	Audio
	Transitioning from a laid-back summer schedule to the structure of a new school year doesn't have to be a rude awakening.
Stephen Whiteside, Ph.D. Psychology Mayo Clinic	Dr. Stephen Whiteside, a Mayo Clinic child psychologist, says developing routines can make things run more smoothly at home and at school.
	"Routines are a natural part of life and just very straightforward, provide structure, help kids predict and expect what's going to happen."
	One way to help make the transition a little smoother is to give your family time to ease into the new routine.
	"Taking a week or so before school starts to help kids start adjusting to waking up earlier, getting ready and having breakfast as soon as they get up."
	Dr. Whiteside says parents shouldn't stress if things don't go exactly as planned.
	"Kids need to learn that they can handle change. And having a routine is good. Learning that you can handle life not following that routine is equally good."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.