

A Back-To-School Checklist That Includes Time For Mom

(NAPSA)—There's good news for moms who find the back-to-school (BTS) season a stressful time. With a little bit of planning, a few new tools and some well-deserved personal time, it's possible for a mom to manage all her responsibilities in style.

A recent BTS readiness survey for P&G by ORC International found that 93 percent of moms say they face challenges when sending their kids back to school, and half of moms interviewed say shopping for supplies, and the cost of those supplies, are the most challenging aspects of all.

In addition, 85 percent of moms surveyed agree that having a clean, well-organized home helps kids perform better in school, while 70 percent of moms say their top strategy for getting their kids motivated and excited for back-to-school season is to involve them in back-to-school supply shopping. And 55 percent say that starting school with a fun celebration is among the best things they do for their family to prepare for back to school.

Helpful Tips

To help, this fall, P&G is arming moms with more than just back-to-school supplies. P&G Mom's Back-to-School Checklist provides tips and tricks for navigating the hectic back-to-school season and alleviates some of Mom's stress by helping her check items such as shopping for supplies, getting the house in order and preparing the kids for the new regimen, off her list.

For example, getting your kids back on a regular sleep schedule for the school year may take some preparation, but if you start early, it will help prepare them for the first day of school and also bring a pleasant end to summer.

Try these tips:

- **Make the Most of Your Lists**—A favorite organizational strategy for moms everywhere—there's no shortage of "lists" as moms make their back-to-school preparations. Remember to keep your lists handy, whether it's a pad of paper in your purse or a note-taking app on your smartphone—your lists won't do you any good if they're sitting at home while you're out and about!

- **Prepare Your Home**—Before school starts, carve out time to organize and deep clean your home. Look for opportunities to



To help make your kids' return to school less stressful, try reinforcing earlier bedtimes at least two weeks before the first day of the school year.

involve your kids, and always donate or pass on what's still in good condition and usable.

- **Choose to Celebrate!**—Instead of facing the new school year with a sense of dread, plan something fun or active for your kids in the days before school begins to celebrate the coming school year. Organize an activity with some school friends your kids may not have seen much over the summer to get them excited about going back to school or plan a special family dinner and share favorite summer memories as well as what everyone is most looking forward to in the new school year.

Make Some Time For Mom

According to "Mom Generations" blogger Audrey McClelland, moms also need to set some time aside for themselves.

Said McClelland, who has four sons of her own heading back to school this fall, "The most important back-to-school tip I can offer is a reminder to moms to take time for themselves during this busy time—and there are simple ways to do that."

She suggests the following:

1. Before the kids wake up for school, enjoy a cup of coffee in your quiet house.

2. Take a morning walk with a friend in your neighborhood to kick off your day.

3. Try some morning yoga.

4. After the kids are dropped off at school (or just before you pick them up), take 30 minutes for a manicure/pedicure.

5. Slip an e-reader into your purse and use idle minutes when you're waiting for your kids to lose yourself in the latest best seller. For additional tips, check out P&G Mom's Back-to-School Checklist at www.pgeveryday.com/backtoschool and join the conversation at www.facebook.com/PGEveryday and on Twitter (@pgeveryday).