



SEPTEMBER 2022 RESOURCE LIST

Magic Morning Routine:

Streamline your mornings with this app allows you to create a customizable routine that will then run with set times.

Back to School Routines:

Check [here](#) and [here](#) for helpful suggestions on how to set up successful morning and evening routines for the whole family.

Fit by Sanford Health:

A treasure trove of resources to inspire healthy habits for your family! You'll find information on topics like nutrition, mindfulness, and more.

The Money Mammals:

A program to help raise money-smart children. They have parent resources on their blog [here](#) as well as a helpful book, The Art of Allowance, [here](#).

School Lunches:

Start the school year strong with great lunches! Check out these sites [here](#) and [here](#) that are full of simple, tasty ideas.

Edutopia Blog: How was School Today?

Read this article for wonderful suggestions on how to get your child really talking about their school day.

Didax:

Free virtual manipulatives provided by a classroom supply company. Make math more fun at home by using a wide variety of tools from dice to algebra tiles.

Imperfect Inspiration:

Customizable planner sets created for the ADHD mind! Your purchase includes digital files to reprint the page styles you find most impactful.

Events

KPBS Kids Dino Train

9/16 Escondido

Oceanside Harbor Days

9/17-9/18

Miramar Air Show

9/23-9/25

Encinitas Oktoberfest

9/25

We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! Our hope is some of these resource items will bring fun, energy, and balance to you and your family. Simply click the bolded or underlined link for more information on each listing, and feel free to share!

