

# 5 EFFECTIVE BACK TO SCHOOL TIPS FOR BUSY MUMS

Heading back to school can be a host of mixed emotions for you and your child. It's a different scene from the holidays that just passed. So it's better to prepare you and your kids for the school days that's to come.

With that, you can ensure that going back to school easier for everyone in the household with these tips in mind.

## 1. PLAN AHEAD

Whether it's setting a routine a week before school starts or labelling ahead of time even listing down quick and easy, ready to eat school snacks it's always good to be at least one step ahead of it all. I'd like to avoid cramming to save me the stress.

## 2. CREATE A SPACE AT HOME

The break from school can take a toll on a student, and having a space at home dedicated for school stuff will promote study and create a realistic environment for them to get their head on school work.

## 3. SCHOOL SNACKS NEED NOT BE COMPLICATED

You can keep things healthy and less complicated with so many available easy to do lunch box recipes for the Thermomix®. Snack bars are my go-to! Fresh fruits and veggie Sticks will be a hit too.

## 4. GET YOUR KIDS TO HELP

I believe getting your kids involved around the house will help them tremendously as they grow. Be it fixing the bed, doing the table or helping you prep their lunch box. It gives them a sense of belonging and involvement. It'll come in handy during busy morning preps for school. Trust me!

## 4. MEAL PREPARATION AND PLANNING ON WEEKENDS

Make use of your free time during weekends for prepping or planning meals for the whole week. This will save you so much time during school days thus making yourself available for other things or even some relaxation in between hectic weekdays.

So to make sure that you and your kids will be all set even before the new school year begins, you can start preparing their snacks in advance with the help of our [Silicone Snack Bar Molds](#) that can make 8 yummy treats all at once.

And to help you get started with making healthy snacks for you and the whole family, you can also check out our [Chocolate Cranberry Muesli Bars](#) recipe.