

A+ resources for back-to-school success

Make the shift from summer break to the school-year routine as smooth as possible with expert-created articles, blogs, and webinars. These resources are designed for parents of children of all ages and will give you and your family the support you need.

For parents with young children:

Managing separation anxiety

Is your infant, toddler, or preschooler struggling with morning drop-off or the morning-goodbye routine at home? We'll help you handle it.

Surviving baby's first days in child care

A mom shares her secrets for getting through baby's first days and months in daycare.

How to prepare your child for preschool

Help your toddler get ready — academically and emotionally — for this exciting new phase in their development with tips from **Bright Horizons®** experts.

Healthy lunch box ideas for children

Looking for nutritious lunch and snack ideas? Need help getting your child to eat healthy at school? Here's what to pack, and what to avoid.

For parents with school-aged children and teens:

Getting ready for kindergarten

It's not just a classroom change. Read these helpful tips to learn how to prepare and what to expect.

Homework hacks for success

Avoid the Sunday-night (and every-night!) homework panic with five easy-to-use tools, brought to you by Sylvan Learning.

Simple tips for the transition to middle school

Middle school can be an unsettling transition periods for kids. Learn how you can support and guide your child through it.

The high school transition: proven tips for parents

High school is a big transition for your teen. Here are simple ways you can offer help and support.

Tips to simplify your routine:

Your must-have back-to-school checklist

This is a busy season for both parents and kids. Plan ahead and get started early to make life easier for everyone.

The impact of stress on learning

Soccer, art class, coding club — activities that should be fun can actually be stressful. Learn how stress affects brain development and how to alleviate some pressure.

The morning routine

Getting ready for school — there has to be a better way! Make mornings easier with these six ideas.

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