



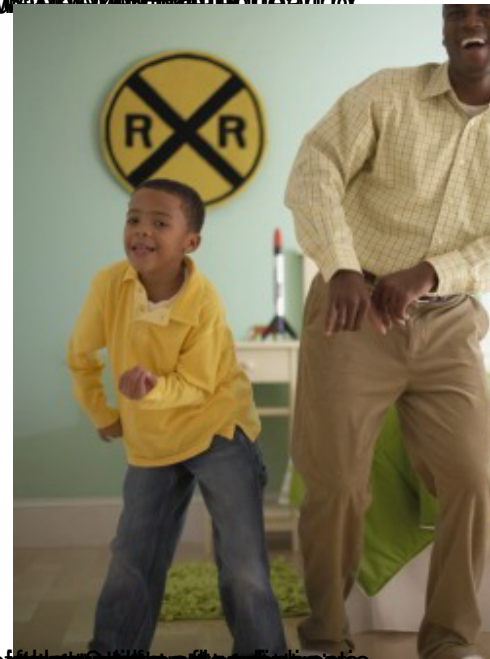
School season has arrived and could be very stressful for stay-at-home parents, while some cope easily some of us takes a while to get back on track again. Here are some tips for parents to ease in to the back-to-school mode:

1. Set your alarm 15minutes earlier- 15 minutes can make a lot of difference, weather you use it for your self before starting your busy day or to think over the things you need to accomplish for the day and how you can tackle each duty.

1. Snacks and Meals Made Easy- It shouldn't be hard to prepare for it to be nutritious. Take time to plan quick easy meals for your family for the whole week, this way you don't spend on food supplies that you don't need and you can buy all the items in one day and save time and



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