

Back to School Syllabus:

Setting your Child's Nervous System Up for Success

~Brought to you by Richman Family Chiropractic~

INTRODUCTION:

Back to school is more than new shoes and sharpened pencils. It's a major shift for your child's nervous system. New teachers, classmates, routines, and sensory loads can either create resilience or overload, depending on how well-regulated their nervous system is.

This syllabus is your guide to making the transition smoother, helping your child feel calm, confident, and ready to learn.

When you're ready to start care, book a complimentary video consult here:
richmanfamilychiropractic.janeapp.com

UNIT 1: SLEEP & NERVOUS SYSTEM RECHARGE

- Kids need consistent rhythms to help their nervous system adapt.
- Aim for **the same bedtime and wake time every day**, even on weekends.
- Create a **wind-down routine**: dim lights, read, pray, stretch. No screens before bed.
- Watch for signs of dysregulation: trouble falling asleep, night waking, or difficulty waking in the morning.

UNIT 2: MORNING ROUTINES & REGULATION

- Predictable mornings lower stress on the nervous system.
- Build in **connection before correction**: eye contact, a hug, or shared breakfast.
- Avoid rushing, leave some time built in so their system doesn't start the day in fight-or-flight (sympathetic dominance).

UNIT 3: NUTRITION FOR NEUROLOGICAL FUEL

- Start the day with protein + fat at breakfast. This sets the tone for focus.
- Pack snacks that stabilize blood sugar: fruit with nut butter, cheese with veggies.
- Avoid “nervous system stressors”: artificial dyes, processed sugars, and too much caffeine (yes, even in soda)
- Include **nutrient-dense foods** (like pasture-raised eggs, raw dairy, meats, or cod liver oil) to strengthen brain development, immunity, and adaptability.

UNIT 4: MOVEMENT & SENSORY REGULATION

- Movement is medicine for the nervous system.
- Encourage **morning movement** (bike ride, dance party, stretching).
- After school, let them **decompress with play** before diving into homework.
- Watch for sensory overload: headphones, reading, quiet time, or outdoor play can reset the system.
- Screen time, the light they emit and content do dysregulate the nervous system.

UNIT 5: EMOTIONAL RESILIENCE & COREGULATION

- Kids regulate best when parents do too.
- Model calm breathing and presence, your nervous system sets the tone for theirs.
- Create safe spaces for big emotions: “It’s okay to feel this way. Let’s work through it together.”
- Keep and gently hold boundaries of set expectations.

UNIT 6: HOMEWORK & FOCUS HACKS

- Break tasks into **short focus sprints** with *movement* breaks.
- Use a quiet, consistent space.
- Start with the subject they find easiest to build momentum.
- Allow for use of fidget toys or some movement while doing homework.

UNIT 7: CHIROPRACTIC & THE PERFECT STORM

- Back to school transitions are often when **hidden layers of stress show up**: meltdowns, trouble focusing, constipation, headaches, or trouble sleeping.
- Neurologically focused chiropractic care helps restore balance to the autonomic nervous system, improving adaptability and resilience.
- That means your child doesn't just "survive" school, they thrive.

FINAL EXAM: A CALM & CONFIDENT CHILD

When their nervous system is balanced, your child is:

- Sleeping well
- Handling transitions smoothly
- Regulating emotions
- Focusing and learning with ease
- Building confidence and resilience

Start the school year strong. Book your child's back-to-school scan today and help them build resilience from day one.

Book online at: richmanfamilychiropractic.janeapp.com

Additional Resources for Parents

Your child's back-to-school journey is unique, and so is their nervous system. If you'd like to learn more about how neurological health impacts sleep, focus, behavior, digestion, and resilience, check out these trusted resources:

- **Articles at pxdocs.com**: Parent-friendly guides explaining the Perfect Storm, nervous system function, and practical steps for supporting kids naturally.
- **The *Experience Miracles* Podcast**: Real stories, expert insights, and simple education to help parents navigate health challenges through the lens of the nervous system.

These resources will help you go deeper into the "hidden layers" beneath your child's symptoms and empower you to make confident choices for their health.