

MODERN *Parent*

MENTAL WELLNESS

TRICKS AND TREATS FOR YOU AND YOUR KID!



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STARTING A NEW CHAPTER AT SCHOOL

As a parent, you can help your child to better transit to primary or secondary school.

Help them learn the right skills to make this change and the lifestyle habits they need to become healthier and happier students.

Read [this article](#) to find out how you can get your child ready for school!