

"I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings.

- Jenny Han

SuperSibs 
Supporting Siblings of Children with Cancer



Going back to school doesn't have to be stressful.

Here are some tips to make the first day of school the best one yet!

1. Establish Bedtime and Morning Routines
2. Get a Good Night's Sleep
3. Eat a Healthy Breakfast
4. Stay Organized
5. Get Out of Your Comfort Zone
6. Get Involved
7. Work Hard
8. Be Present



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