



For Immediate Release

DO'S AND DON'TS FOR THE START OF THE NEW SCHOOL YEAR

Professional Organizers in Canada help you get off to a great start

August 9, 2017 - TORONTO, ON - It's almost that time of year again! Time to brace for early mornings, weekly meal planning and after school activities. With a little help from the Professional Organizers in Canada the road back to school can be a manageable, and dare we say, enjoyable journey.

"Back to school is one of the busiest times of year for families and professional organizers," says Marie Potter, Director of Marketing for Professional Organizers in Canada. "When life gets busy, we tell clients that if they set aside as little as 15 minutes to get organized, they could add an hour to their day."

The nation's most trusted and reliable source for all things organizing, Professional Organizers in Canada, has this list of dos and don'ts for parents looking to start the school year on the right foot.

Do have each family member pick their outfit ahead of time

Reduce your back-to-school stress by getting things done the night before. Ask each family member to pick out their outfits for the week on Sunday night. Turn it into a lifelong habit like brushing your teeth. Demonstrate the habit by doing it yourself..

Don't skip the most important meal of the day

Take the time you saved by planning the night before and invest it where it matters most - enjoying a healthy breakfast with your family. This tip serves a dual purpose. First, you get to spend time with your loved ones. Second, everyone benefits from a good meal after a restful night. Plus, eating unhealthy items like doughnuts, or fast food breakfast sandwiches will only slow you down on a day when energy counts.

Do make prioritising fun

Creating a list, or several lists, can help to clearly define your responsibilities and organize your thoughts. Once your thoughts are down on paper, it becomes easier to decide which tasks require immediate attention and which ones can be put off until later in the week. So go ahead and use those fun coloured pencils you bought your kids, and have fun with it!

Don't let them get away with a D & D

Kids left to the path of least resistance will perform the notorious "drop and disappear." Don't let them create a disaster path of knapsacks, shoes, socks, hats, jackets, lunches, books and papers in your home. Make their "download" easy and organized. Create a drop station for each individual complete with hooks, baskets or bins, a shoe organizer and inbox. A proper download is non-negotiable.

Do give yourself a break

The first day of school can be overwhelming for parents and kids. Booking a dinner out with the family can also make for a fun outing that will eliminate the stressful question, 'What's for dinner?' Having something to look forward to will make the first day of the new school year more special.

Staying organized in your everyday life will make not only back to school but every day a breeze. Find a professional near you by visiting www.organizersincanada.com

About POC

Professional Organizers in Canada (POC) is a national registered non-profit association that provides education, business development tools and a code of ethics for all types of organizers across Canada. Currently representing over 500 Professional Organizers in more than 14 chapters nation-wide, POC's mandate is to provide a supportive environment for members to learn, share ideas, network and exchange resources. POC also works to educate the public about the organizing industry and the benefits of working with a POC member.

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