



# Back-to-School Made Simple: Meaghan Murphy Shares Stress-Free Tips for Parents and Kids

NEW YORK, NY, UNITED STATES, August 29, 2025 /EINPresswire.com/ -- The start of the school year is a hectic time for both kids and parents. Between planning dinners, packing lunches, organizing schedules, and keeping everyone healthy, there's a lot to juggle. That's where author and health & lifestyle expert Meaghan Murphy comes in. She's here to help families ease into the school season with less stress and more success. Meaghan shares top tips and favorite picks to make the transition smoother. From nutritious lunch ideas and smart snack choices to simple strategies for staying organized and energized. It's everything kids will love—and everything parents can feel great about using this school year.

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