

Tips for a positive start to the school year!

Here are some tips to help children under 12 kick off the school year feeling emotionally ready.

TIP #1

DAILY ROUTINES HELP KIDS FEEL SAFE AND CONFIDENT

- ☉ Plan regular times for healthy meals, play, and homework every day.
- ☉ Kids need 9-12 hours of sleep every night to help them learn.
- ☉ Get clothes and backpacks ready for school the night before.
- ☉ Set aside regular one-on-one time, without screens, to do something relaxing and fun with your child.

Put away electronics one hour before bedtime to relax together and get ready for a good night's sleep.

TIP #2

BUILDING CONNECTION BOOSTS CONFIDENCE

- ☉ Visit the school together to meet teachers and see where your child will be spending their day.
- ☉ Talk to your child about what they can expect before the school year starts. If they are nervous, let them know it's normal.
- ☉ Have a buddy for bus rides or carpools to make going to school easier.
- ☉ Reduce bullying by forming positive connections in after-school and mentoring programs.

Praise your child.

“Thank you for helping set out your school clothes for tomorrow!” or
“Great job packing your backpack!”

Practice positive self-talk.

Say “I can try this” instead of “I can't do this.”

TIP #3

TALKING ABOUT THEIR FEELINGS BUILDS TRUST

- ☉ Ask your child: what was the best thing about your school day?
- ☉ Acknowledge their feelings, even when emotions are tough because of conflict or disappointment.
- ☉ Practice coping skills such as belly breathing.

Talk about their feelings

“It’s okay to feel...” & “I’m so glad you told me about...”

Try belly breathing together!

Put both hands on your belly, breathe in slowly through your nose, then breathe out slowly through your mouth.

TIP #4

YOU KNOW YOUR CHILD BEST. IF YOU THINK YOUR CHILD NEEDS MORE HELP:

- ☉ Talk to your child’s teachers about how you can support their needs at school.
- ☉ If your child’s feelings are affecting their sleep or school, talk to school behavioral health staff or their doctor about ways to help.
- ☉ Consider a health check-up to stay up to date on your child’s routine health care.



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