

Preparing Your Child to Return to School

5 Tips for Caregivers



Validate Feelings

Some kids might be excited about going back to school and others might be nervous. Support your child by being present when they share, normalizing their experience, and validating that it is okay to feel big feelings about this transition.

Identify Coping Strategies

Before school starts, help your child identify what skills are helpful when things feel overwhelming. This could include: deep breathing, learning how to ask for help, getting a drink of cold water, and creating time for fun outside of school.



Create a Routine

A few weeks before school starts, begin the transition to your child's new school schedule. This includes wake-up time, meal time, and bedtime. Once school starts, carve out time each week to connect with your child.

Give Your Child Choices

When life feels out of control, help your child focus on what they CAN control. Letting kids choose what clothes to wear or breakfast to have can help create a sense of excitement. You can pick out a few options, then let your child choose a favorite.



Ask for Help

Make sure to collaborate with your child's teacher and develop a communication plan. If you feel like your child needs additional support, reach out to their pediatrician, your child's school counselor, or call LifeStance Health at (971) 808-3643 and speak with a Referral Coordinator to connect your child with a mental health therapist.

