



1. Prepare the Nervous System, Not Just the Backpack

Start practicing routines gradually: early wake-ups, quiet reading time, meals together. Bodies need rhythm before schedules demand them.

2. Emotion Check-ins, Not Just Supply Checklists

Ask open-ended questions:

- "How are you feeling about going back?"
- "What would make you feel proud this year?"
- Model that worries are normal and worth naming.
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3. Create a 'Transition Corner'

Set up a calming space at home with affirmation cards, a stress ball, a journal, or sensory items. This helps kids regulate after school and adults reset.

4. Coordinate with Care

Schedule time for family meetings—even 15 minutes a week—to go over expectations and acknowledge feelings. Let each voice be heard.

5. Lean on Us

Family Consulting and Coaching offers:

- Parent Consultations
- Financial Literacy to help manage back to school expenses
- Back-to-School Readiness Workshops
- Therapeutic Groups for children and teens
- One-on-one Coaching to create realistic routines

