THRIVE EMERGE

Parent Reflection Prompts: Preparing Yourself for the School Year

1. My Emotional Readiness

- What emotions come up for me as the school year approaches (worry, frustration, hope, excitement)?
- What tends to trigger my stress during the school year (homework battles, communication with school staff, morning routines)?
- How do I usually cope when I feel overwhelmed and are those strategies working?
- What would help me stay calmer and more present with my child?

2. My Beliefs & Expectations

- What are my biggest fears about how this school year might go?
- What expectations do I have for my child's academic, social, and emotional growth? Are these expectations realistic given where my child is right now?
- Am I putting pressure on myself to "fix" things that may not be in my control?
- What does "success" this school year really mean for our family?

3. My Parenting Role

- Do I see myself more as a problem-solver, a coach, an advocate, or an enforcer when it comes to school challenges?
- When do I tend to step in too much and when do I hold back too much?
- How can I shift toward being a guide and partner to my child rather than just a manager?
- What strengths do I bring as a parent that help my child feel safe, understood, and supported?

4. My Support System

- Who are the people I can lean on for emotional support during the school year (friends, family, professionals, parent groups)?
- Who are the allies within the school system who understand my child's needs?
- What outside resources (therapists, coaches, community programs) do I already have in place?
- Where do I feel isolated or without enough support and how can I address that gap?

5. Anticipating Challenges

- At the beginning of the year, I anticipate the toughest challenges will be:
- As the year progresses, the ongoing challenges I expect are:
- What challenges are likely to cause the most stress for me as a parent?
- How can I prepare ahead of time (emotionally, logistically, practically) for these moments?

6. Self-Care & Resilience

- What do I need to take care of myself so I can stay steady for my child?
- How can I build in moments of rest, joy, or recharge time during the school week?
- What would it look like if I gave myself as much compassion as I try to give my child?