

## Counseling Corner

Welcome to the AVA Counseling Corner! Each month we will provide information & tips/tricks that you may find helpful.

Heading back to school can be a difficult transition as we go from the relaxed days of summer break to the schedule & routine of school. To make this transition a bit (or a lot!) easier, here are some tips to help ease and prepare your child(ren) for the changes.

- Establish a routine for the morning, evening, & bedtime. Discuss this with your child(ren), if possible involve them in the planning. Prepping them for what to expect can significantly ease worries.
- If bringing a lunch from home, involve your child, give them choices.
- Choosing their uniform pieces the night before can help save time in the morning.
- Give plenty of time in the morning to get ready. For some kids, feeling rushed can negatively impact part of or their entire day. Having items packed the night before can make the morning run smoothly.

Separating at morning drop off can be tricky for some, especially in the beginning. There are a few things you can do to help!

- Let your child(ren) know who is picking them up, where to meet, and how they are getting home. Practicing ahead of time never hurts.
- Discuss what will be happening after school (especially if it's fun). For example having a snack & playing with friends or sports practice, anything they will look forward to.
- Keep the goodbye short, sweet, & positive. Even if there are tears, your child will be ok!

Welcome Back!

The AVA Counseling Team