



August 2022

## Welcome back to school!

Dear families,

We hope you had a great summer! We are excited to see your students very soon.

We know the adjustment back to school can be difficult, so we have put together some tips and resources to help your student to have a smooth transition.

### ***Back to School Dos and Don'ts:***

*Tips on navigating summer's end, especially for kids who are anxious:*

- *DO get back into the routine*
- *DON'T forget to refuel*
- *DO talk about changing friendships*
- *DON'T share your anxieties*
- *DO have a trial run*
- *DON'T be afraid of setbacks*
- *DO help kids manage their commitments*
- *DON'T ignore problems*

From: <https://childmind.org/article/back-to-school-dos-and-donts/>

*Join us this year as we create monthly newsletters! Each month will have a different mental health topic and resources to support your students.*

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## **Back to School Anxiety**

Read [this article](#) from *Child Mind* to learn the following:

- Why do some kids get anxious about starting school again?
- How can parents help their children overcome back to school anxiety?
- What are signs that kids with anxiety might need more support?

Read [this article](#) from *Empowering Parents* to read how to do the following to reduce school anxiety:

- Taking away as many “unknowns” as possible
- Helping your child through fears about social settings
- What to do if your child’s anxiety persists

### **How to Prepare Kids for Back-to-School:**

[This article](#), from *Nationwide Children’s Hospital*, discusses ways for parents to help prepare their children for the school year including:

- Back-to-School Mental Health Checklist
- Back-to-School Conversation Starters
- Helping Children Minimize Back-to-School Anxiety

Looking forward to a great year!

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