



## **Back to School tips**

- For some it's a source of excitement, but for many it is a time of anxiety and stress. As with all times of transitions, children respond in different ways, depending on their age, temperament and environment.
- Settle back into a routine, ideally a few days before school starts. This helps reduce stress by creating security in predictability as well as avoiding tiredness which aggravates the experiences.
- Acknowledge that there are mixed emotions: it's ok to be excited as well as nervous, eager but worried etc. It doesn't mean your child doesn't like school, or that you are 'planting' worries - transitions can be hard!
- Ask your child what do they think will happen when they go back to school. This allows your child a chance to raise any anxieties they may have as well as give you insight into their expectations. Explore what they might do if they start to feel uneasy. Younger children may need some suggestions and guidance, whereas older children can be encouraged to try think of solutions themselves.
- Anxiety can be 'contagious' - if you send the message that there is something to fear or worry about with starting a new year. Rather model calmness and assurance that you know they can manage, even if there are some hard moments.
- Finally, remember that these are the experiences that allow your child to develop their resilience and internal strength....and they WILL find their way