



## Helping Your Family Get Back to School



### Start Routines Early

Kids adapt to summer schedules quickly, but it doesn't take long to restart a school year routine. The key is starting early. Start three weeks before the first day of school—encourage the kids to go to bed and wake up a half-hour earlier every few days until you reach their school schedule.



### Meet the Teacher and Visit the Class

Anxiety can stem from a fear of the unknown. Help kids by making the unknown more familiar before the first day. Attend a meet the teacher session with your child and take time to explore the classroom. For children who may move from class to class during the day, a “trial run” of classes can ease their fears.



### Host a Back-to-School Get Together

With vacations, camps, and activities, it's challenging to find time to get together with school friends during the summer, which may leave some children with social anxiety. Host an event in your home or another well known area to let kids reconnect before school in a familiar place.



### Freshen Up Time Management Skills

When kids don't have a schedule to stick with, time management goes out the front door. In the few weeks before school starts, choose a few school-related tasks—packing lunch or reading, for instance—and give them a time limit. Ease them into managing their time more.



### Pay Attention to Your Own Mental State

If you're stressed, anxious, and overwhelmed, that can easily influence the mood and mental health of your kids. Take some time to review how you are feeling, practice some stress-relieving activities, and talk with a coach or a counselor for a little outside help.



### Read on for More Tips

If you want more information and tips about going back-to-school, we have more for you to read on the Uprise Health blog:

<https://link.uprisehealth.com/b2school>

### QUESTIONS TO ASK KIDS BEFORE BACK TO SCHOOL

1. *How are you feeling about going back to school?*
2. *What are you looking forward to in school this year?*
3. *What can a teacher do to help you at school?*
4. *Who was your favorite teacher last year, and why did you like them?*
5. *What do you want to learn more about in school this year?*
6. *What will you miss about summer?*
7. *What name do you want to be called in class?*
8. *How can I help you with school?*

