



SEPTEMBER: BACK TO SCHOOL

– What Caregivers Need to Know –

The Basics

Returning to school after summer vacation can be an exciting time for some and can also be a difficult transition for others. For kids who may be struggling with the transition back to the classroom, here are some ways you can support:

Communicate with your child

- Talk about what to expect the first day or first week of school
- Ask them about what concerns them and validate their feelings and concerns even if they are different than your own
- Provide reassurance as needed, let them know you are there to listen

Tips to Manage Back to School Anxiety for Kids

Encourage your child to try these instant tricks to manage their anxiety related to the return to school

- Take 3 deep breaths
- Drink water/chew ice
- Go for a walk/exercise
- Listen to music/dance
- Take a bath/shower
- Recite affirmations
- Talk to a friend

Additional Resources

- Article: [What to do and not to do when Children are Anxious](#)
- Article: [Strategies to support anxious children](#)
- Video for younger kids: [Cosmic Kids Yoga](#)
- Video for older kids: [Mindfulness](#)