



SEPTEMBER: BACK TO SCHOOL

– What caregivers need to know –

How to Support a Successful Transition Back to School

Returning to school after summer vacation can be an exciting time for some and a difficult transition for others. Here are some ways you can support your student:

- Prepare: Talk about what to expect on the first day or first week of school. Visit the school if possible.
- Communicate openly: Ask your student about what concerns them. Validate their feelings, even if they are different than your own. You can say, “I can see why you feel...” or “It makes sense that you feel...”
- Routines can help: Early morning struggles? Start moving bedtime earlier by 30 minutes each night to get back on a school-ready schedule.

Support Academic Skills at Home

After a relaxing summer, the transition back into academic work can be a challenge for students. Keep the academic practice going with these tips to sharpen skills at home:

- Get reading: check out this DC library [list of books about back to school for elementary students, middle, and high school students](#).
- Get cooking: cooking with your student is not only a great bonding activity, but also [a way to practice math skills at home](#).
- If your student needs more support, ask the school wellness team for tutoring recommendations, or check out [these community tutoring services](#).