



BACK TO SCHOOL

**5 TIPS FOR A
SUCCESSFUL
TRANSITION**



1

Normalize ALL feelings.

Child is feeling worried.

Caregiver Response: It makes sense to feel worried about starting a new year OR it is normal to feel worried about a new school year.

Child is feeling excited.

Caregiver Response: It makes sense that you feel excited to be back.

Child is feeling mixed feelings.

Caregiver Response: It makes complete sense to feel lots of different feelings about going back to school. Sometimes it is hard to sort through those feelings.



2

Start practicing routines now.

Create and begin using a bedtime routine that will work throughout the school year.

Create and begin using a morning routine that will work throughout the school year.

Getting enough sleep, a healthy breakfast, and having time to transition in the morning will help set your child up for success!




3

Caregivers set the tone. Be a good example.

Our kids mirror our responses.

Show your child with your words and actions that:

- *you are excited for their return to school*
 - *you are confident in their ability to succeed*
 - *you are confident in the support they will receive*
 - *you value their education and learning experience*
- 



4

Attend orientations and meet your teachers!

**Your child's teacher is excited to meet
and learn about their new students.**

**Use orientation as an opportunity to
help your child get familiar with their
school and new teacher(s).**



5

Ask for help.

If you or your child have questions or concerns, do not hesitate to reach out for help.

Connect with your building principal, your school counselor, your school social worker, or your classroom teacher.

Who is your child's safe adult?

Everyone wants your family to be set up for success!

