

Back To School Tips for Students and Parents

All across the United States, students are embarking upon a new school year. For some students attending school is a joyful experience, while others experience anxiety related to going back to school. In addition to students' anxiety toward attending school, parents have to adjust to the back to school regiment as well. The section below contains helpful tips for reducing anxiety and tips for parents to initiate a back to school routine for children.

Reducing Student Anxiety:

- Inform your child about what to expect once the school year begins. Let them know their schedule to allow them to feel prepared.
- Allow your child to visit school before school starts to view their class room and how things work.
- Introduce your child to another student who will be attending the same school so they can have a buddy.
- Talk to your child about school concerns and help them problem solve. List their problems one by one, so they will not be overwhelmed.
- Develop a coping skills list of things they can do while at school, some examples are taking deep breaths and thinking positive thoughts.
- Support your child when they are making their best efforts.
- Create a time to listen when your child wants to talk.
- Try not to add unnecessary pressure to your child by placing demands on the child that he or she is incapable of handling at this point.
- Normalize their experiences; let them know that other students have similar experiences.
- Recognize and acknowledge your child's success at school.
- Allow your child to know that making mistakes is a natural part of learning, and encourage them to make corrections.
- Be a source of inspiration for your child. Let your child know you love them unconditionally, regardless of their performance.



Developing a back to school routine

- Create a back to school schedule for yourself and your children. Include in your schedule a time for bed, getting dressed, breakfast, school hours, homework, extra-curricular, and family activities.
- Review the back to school schedule with your child a few times before school starts.
- Contact your child's school to find out what their schedule will be and help them practice new or difficult skills at home.
- Develop a set time and location for homework.



Written by: Alesha Ingram, MSW, LSW

References

Nelsen, J., Lott, L., Glenn, H. (1999). Positive Discipline Prima: Rocklin, CA.
National Education Association (Internet Source)

