



## BACK TO SCHOOL TIME CAN BE ROUGH ON KIDS AND PARENTS

After spending summer with family, the transition back to school can feel like you're starting all over, even if your child isn't new to the back to school routine.

Try some of these tips to ease the back to school anxiety and fear:

**Check your feelings at the door.** If you are really nervous or scared to drop your child off at school, your child will feel it too. Find time to express your feelings separately.

**Make goodbyes quick.** Long and repeated goodbye rituals can prolong your child's fear about your leaving them at school. A hug, kiss, and "have a good day" are all your child needs to start their day.

**Be careful about saying, "I will miss you".** While this sounds loving, it may cause your child to feel worried about you, instead of focusing on their school day. You might say, "I can't wait to hear about your day later" or, "I'll see you at dinner time" instead.

**Write your child an encouraging note.** Packing a short note in your child's lunchbox or backpack can give them something to look forward to.