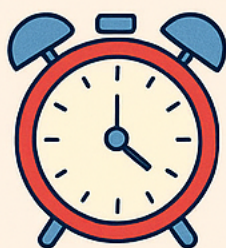


Easing the Back-to-School Transition: Tips for Parents



Start the Routine Early

Begin shifting bedtime and wake-up times at least a week before school starts.



Talk About It

Have open conversations about what your child can expect in the new school year.



Visit the School (If You Can)

If possible, take a tour of the school, walk through the hallways, or attend a back-to-school event

Involve Them in Prep

Let your child help pick out school supplies or plan their lunch menu.



Focus on the Positives

Highlight what they can look forward to—seeing friends, learning something new, or joining a club or team.

Be Patient and Supportive

The first few weeks can be tiring and emotional for kids (and parents).

