



LEANNE ATKINSON
COUNSELLING • COACHING • CONSULTATION
MC, RCC

Helping Your Child/Teen

Get Back Into Routine & Ready for School

Simple, practical strategies to support a smoother transition, a calmer home, and a more confident school year.



Build manageable routines that actually work



Support big feelings and everyday stress



Practical tools for home, school, and daily life



Ideas for kids, teens, and the adults who support them



Small steps
make a big
difference
♡

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Small
steps
brighter
days
♡

A Smoother Start

It does not have to be perfect. ♡

Back to school can bring excitement, nerves, resistance, and big feelings for kids, teens, and parents. The goal is not perfection. It is a steadier, more manageable transition.



Inside this guide

- 1 Routines that actually work
- 2 Regulation tools for big feelings
- 3 Sleep, screens, and morning success
- 4 Different brains, different needs
- 5 Communication and connection
- 6 Working with the school
- 7 A simple back-to-school plan



Keep in mind:

if your child is more emotional, tired, or resistant, it may be a sign of stress, not defiance.



Start with the basics:

sleep, morning routine, connection, and one predictable next step.





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Small routines
create big
changes.
♡

Routines That Actually Work

Keep it simple. Keep it doable.

Routines help reduce stress, build independence, and make mornings run more smoothly. The key is finding what works for your family and keeping it realistic.

Try this:



Start a few days before school begins.



Keep wake-up, meals, and bedtime steady.



Use a visual list, checklist, or phone reminder.



Keep mornings simple and realistic.



Focus on the basics: sleep, meals, school prep, and downtime.



Involve your child or teen in the plan.



What helps most

Pick 2 or 3 anchor points only: wake-up, after-school reset, and bedtime. ♡

A calmer start to the day sets the tone for everything. ♡

Progress over perfection
♡



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Calmer
Kids
Brighter
Tomorrows
♡

Regulation Tools for Big Feelings

Big emotions are normal.

Transitions can bring up anxiety, irritability, avoidance, and overwhelm. Having a few go-to tools can make a big difference.

Try these strategies:



Name what you notice, without shaming.



Keep your tone calm and steady.



Use grounding tools like breathing, cold water, music, or movement.



Break tasks into smaller steps.



Offer choices when possible.



Reconnect after the hard moment.

I can see
this is hard.
Let's slow it down
together. ♡

Small
steps
calmer
days
brighter
tomorrows
♡

It's a skill,
not a
personality
trait. ♡

Breathe
You've
got this
♡

TOOLS FOR BIG FEELINGS

CALMER MINDS

BRIGHTER DAYS

KINDER TOMORROWS

Calm minds
can do
hard things
♡



Regulate first.
Problem-solve later.



Sleep, Screens, and Morning Success

Rested kids and parents do better.

Good sleep, balanced screen time, and a calmer morning routine can set everyone up for a more successful day.



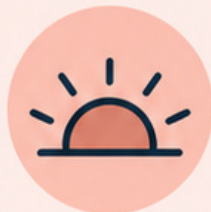
Sleep

- Aim for a consistent bedtime and wake time.
- Create a wind-down routine.
- Keep the sleep environment cool, dark, and quiet.
- Teens often need more sleep than they are getting.



Screens

- Set clear and consistent expectations.
- Build in screen-free times, especially before bed and in the morning.
- Charge devices outside bedrooms when possible.
- Focus on balance, not perfection.



Morning routine

- Lay out clothes and pack bags the night before.
- Use a simple checklist.
- Build in more time than you think you need.
- Keep breakfast and getting-ready choices easy.



If mornings are rough, fix the evening first. 



GOOD SLEEP

HEALTHY HABITS

HAPPIER DAYS 

YOU GOT THIS

Rested
Kids
Brighter
Tomorrows 

Small
Steps
Brighter
Days 





Different Brains, Different Needs

One size does not fit all.

Different
needs.
Same
dignity.



Every child and teen is unique. Some may have ADHD, autism, anxiety, learning differences, or sensory needs. Understanding how they learn and what helps them thrive can make the transition smoother.

Helpful strategies:

- ✓ Use clear, concrete language.
- ✓ Break tasks into smaller steps.
- ✓ Build in sensory or movement breaks.
- ✓ Use visual schedules and reminders.
- ✓ Practice the hard parts ahead of time.
- ✓ Collaborate with the school when needed.
- ✓ Notice effort and progress, not just outcomes.

A child who
needs more
support is not
behind. They
may simply need
a different
approach.



Include. Support. Empower.





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Communication and Connection

Small conversations make a big difference.

Staying connected with your child or teen can help reduce anxiety, build trust, and make problem-solving easier.

Try these ideas:



Pick low-pressure moments to talk.



Ask open-ended questions.



Listen first and problem-solve second.



Validate feelings, even when you hold limits.



Notice effort and small wins.



Repair after conflict.

Helpful prompts:



What felt easiest today?



What felt hard?



What do you want me to understand?



Connection looks
different at every age
and still matters.

Real
conversations
build stronger
tomorrows.



You
belong
You are heard
You matter



Good
Conversations
Brighter
Tomorrows



STRONGER
KINDER
BRIGHTER DAYS

Coffee
Conversations
Connection



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Working With the School

You are part of the team.

A strong home-school partnership can help your child or teen get the support they need. Clear communication and collaboration matter.

Helpful ideas:



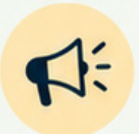
Share what helps and what doesn't.



Ask about routines, supports, and accommodations.



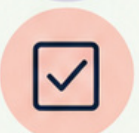
Encourage your child or teen to notice what they need.



Practice simple self-advocacy phrases.



Keep communication clear and collaborative.



Follow up on what is working.



A simple email can include:



- strengths
- what gets hard
- what helps
- the best way to reach you



Ask early,
not only when
things unravel.



My Back-to-School Plan

A simple place to pause, plan, and reset.



My top 3 goals

1

2

3



What usually gets hard?



What helps?

- ☐ sleep
- ☐ visuals
- ☐ snacks
- ☐ movement
- ☐ calm time
- ☐ connection
- ☐ breaks
- ☐ asking for help

You
got
this
♡



One step we will try this week



How I want this week to feel

- | | |
|--------------------------------------|---------------------------------------|
| ☐ calmer | ☐ less rushed |
| ☐ more connected | ☐ more manageable |

