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CARTER FAMILY PRACTICE

MODERN MEDICINE,
CLASSIC CARE

CFP CareHub Field Notes

Back to School Series



BACK TO SCHOOL

FIELD NOTE

#2

Helping Your Child Thrive This School Year



A successful school year is about more than grades. It's about building confidence, independence, strong relationships, and healthy habits that last a lifetime.



1. A GREAT MORNING Starts the Night Before

- Pack backpacks the night before.
- Lay out clothes.
- Aim for a consistent bedtime.
- Allow enough time in the morning to avoid rushing.

A calm start sets the tone for a better day.



2. STAY CONNECTED

Instead of asking, "How was school?"

Try asking:

- What made you smile today?
- Did you learn something new?
- Was anyone especially kind today?
- Is there anything worrying you?

Open conversations build trust and help your child feel heard.



3. GROWING Independence

- Let children carry their own backpack.
- Encourage age-appropriate responsibilities.
- Help them solve small problems before stepping in.
- Celebrate effort and progress.

Building independence today builds confidence for tomorrow.



4. SUCCESS ISN'T Just About Grades

Children thrive when they feel:

- ♥ Safe
- ♥ Supported
- ♥ Encouraged
- ♥ Heard

A successful school year includes kindness, curiosity, resilience, and confidence—not just report cards.

Karen's Corner



Every child learns differently and grows at their own pace. Some children adjust quickly, while others need a little more time. Focus on helping your child become confident, curious, and resilient. Those qualities often last far beyond the school year.



You're doing a great job.
Keep showing up.
They notice.



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner

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Email Karen with questions about this Field Note or suggestions for future topics.



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2 OF 4