

# Back to School Tips for Caregivers

As caregivers, supporting children through the transition back to school is crucial. Here are some tips to help children adjust smoothly:

## The Basics

- **Good Night's Sleep:** Ensure children get rest and adjust their sleep/wake cycles to match school schedule.
- **Healthy Breakfast:** A nutritious breakfast sets a positive tone for the day.
- **Preparation:** Pack bags and lay out clothes the night before to minimize morning stress.

## Emotional Check-ins

- **Mindfulness and Meditation:** Encourage children to take moments to understand and regulate their emotions. Simple mindfulness practices can help.
- **Breaks from Social Media:** Help children recognize when social media is causing stress and encourage breaks.

## Communication

- **Open Dialogue:** Encourage children to communicate with caregivers, teachers, and friends. Distinguish between healthy and unhealthy relationships.
- **Active Listening:** When children share their experiences, listen actively and engage meaningfully. Put away distractions and focus on them.

## Coping Skills

- **Stress Management List:** Help children create a list of activities that bring comfort, such as taking walks, talking to friends, or reading a book.
- **Break Tasks into Small Steps:** Breaking homework into smaller tasks can make it more manageable.

## Recognizing Mental Health Struggles

- **Behavior Changes:** Be alert to significant changes in behavior, such as isolation, lack of motivation, or changes in eating and sleeping habits.
- **Seek Professional Help:** If signs of distress are significant, consider seeking help from a professional therapist.

## Caregiver's Role

- **Model Calmness:** Children look to caregivers for cues on how to react to situations. Presenting a calm demeanor, even when feeling anxious, helps children feel secure.
- **Self-care for Caregivers:** Caregivers should also seek support when needed, whether from friends, therapists, or support groups.

Seven Counties Services offers various resources to support mental health. This includes therapists in schools and clinics who offer access to both school-based and outpatient therapy, home-based therapists who aid with navigating family dynamics, and case managers who can help with community resources like transportation, food, and clothing. Utilizing these resources ensures a stable and supportive environment for children, which is crucial for their emotional well-being and academic success.



Seven Counties Services