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Back to school can be a time of mixed emotions. **Excitement** to start the new school year, **anxiety** about meeting the teacher and getting back on a set routine, and sometimes **overwhelmed** at all that has to be done before starting school and once school starts. Here are some tips to help with returning to school and to make the school year great!



1. **Develop a set morning and evening routine.** Use alarm clocks, pick out clothes the night before, pack backpack and lunches early or the night before. Having your child know what the routine is will decrease confusion in the morning. This can also help your child develop some independence because they will learn to know what is expected from them.
2. **Talk with your child about the events planned for the day and tomorrow.** Let your child know a day before if they have a doctor or therapy appointment, practice for sports, or if a different parent will be picking them up from school. Having your child know what is expected will help decrease confusion or anxiety for your child.
3. **Talk with your child's teacher.** Introduce yourself to your child's teacher at back to school night or through email casually. Let the teacher know about your child's worries or concerns. Be open with the teacher about the basic family dynamics. It's better to talk to the teacher about your child before a problem develops. Having regular communication with your child's teacher is important; don't rely only on your child to communicate about what is happening at school with peers, homework, etc.
4. **Make a sleep schedule and stick to it.** Our children stay very busy with homework, sports, clubs, and other demands; however, as the parent it is important to make sure our child is prioritizing sleep. Develop a set bedtime and stick to it!
5. **Keep school supplies at home** such as pencils, pens, notebooks, and a calculator so your child is prepared to do homework at home. Having supplies at home shows your child that doing homework at home is expected and a priority.
6. **Make time for fun!** If your child does not have homework, practice, or other requirements for the day go for ice cream, go to the park, or take a walk together. Use the time for bonding and talking with your child about how school is going.

For more information on how to help your child adjust to returning to school or for tips on organization, time management, and ways to improve the school year talk to your child's therapist.