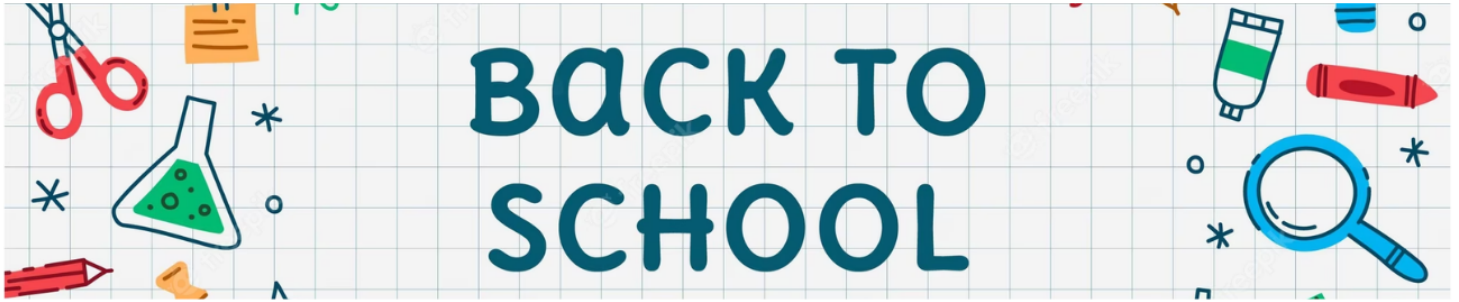


GET READY FOR BACK TO SCHOOL!

TIPS ON CONQUERING THE 1ST DAY NERVES! (FOR PARENTS AND KIDDOS)



Are 1st day of school nerves getting the best of you (and your kiddo)?

The start of a new school year can be such an exciting time! It's a new year to make new friends, reach new goals, and gain some new knowledge. However, the 1st day of school can also come with some nerves for both you and your student(s). There are a variety of reasons why these nervous symptoms may happen, but whatever the reason, we are here to help YOU through it! Here are some tips & tricks to conquering the 1st day in style!

Lunch Time Management

Lunch time can be quite chaotic. One way to help manage the chaos is practicing lunch time at home! This is a great tip, especially for kindergartners! One the days leading up to school, have your child "practice" opening their items for lunch. Often times, there are so many students that it can take a little while before a teacher is able to come assist with opening items. This way, they are able to independently open their lunch and have more time to enjoy their food!

Attend your school's Open House

One great way to familiarize your child and yourself with the school is by attending the Open House! This will allow you the opportunity to tour the school, meet your child's teacher, find their locker/cubby, and drop off school supplies. By going ahead of time, this can help ease the first day nerves!

Helping with School Supplies

Especially throughout early childhood, the feeling of independence is unmatched. Another great way to calm first day jitters is by having your child pick out their own school supplies! Here are some ways to let your child help pick out supplies:

- Choose their favorite color folders or binders
- Choose their favorite pattern or design for a lunch box
- Get a backpack with their favorite character
- Choose a special snack for their lunches

Promoting independence is an easy way to build self-confidence for the 1st day of school!



Write a note

Being at school all day can be tough for all students, especially the elementary school ages. One simple, intentional way to brighten your kiddos day is to write a little note to leave in their lunchbox or backpack! It's a simple act that can truly impact their mood throughout the school day.

Make traditions

As the saying goes "the days are long, but the years are fast". Create new traditions with your family to celebrate the 1st and last day of school! New years = new memories!

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.