How can you support your child during the transition back to school and during the school year? Here are some ideas.

**Check in with your child. You can ask:**
- How do you feel about going back to school?
- Is anything worrying you?
- What was a fun or hard part of today?
- Is anyone teasing or bullying you?
- Do you have any questions for me?

**Create a new routine together.**
**Talk about how to stay healthy through:**
- Exercise and sleep.
- Good nutrition and hydration.
- Managing screen time.

**If your child is anxious about safety or returning to remote learning:**
- Listen to their concerns.
- Share safety steps they can take.
- Answer their questions honestly.
- Confirm that there is still uncertainty.
- Share the information you do have.

**If you need more support, find out how to:**
- Contact school counselors or psychologists.
- Find resources to address stress, anxiety, trauma, or abuse.
- Connect with other families.

**Pay attention to your child’s:**
- Moods and feelings.
- Behaviors.
- Attitudes about school.
If you see changes or have questions, talk with your child’s teacher or doctor.

**Encourage your child by:**
- Staying calm and supportive.
- Helping your child name their emotions.
- Focusing on positive things.
- Sharing why your child is special and why you are proud of your child.
- Drawing and writing together.

**If your child is anxious about separation:**
- Listen to their concerns.
- Practice short times apart.
- Create a good-bye routine.
- Send them a special note or photo in their backpack.
- Assure them you will miss them too.

**When you talk to your child’s teacher, share your child’s:**
- Strengths and challenges.
- Ways of dealing with stress.
- Questions and concerns.
- Interests and talents.