

## August is National Back to School Month

# Supporting children's emotions

Going back to school can cause a range of emotions for students and parents. When thinking about school, no matter how old they are, some students are nervous, while others eagerly anticipate returning to their routines.

Here are four tips to support children's emotions during the back-to-school season:

- 1 Be emotionally and physically available.** Take time to listen and acknowledge concerns.
- 2 Rehearse "return to school."** If your child is having a difficult time and talking isn't helping, consider visiting the school when it's empty so your child can get reacquainted with the environment.
- 3 Validate their feelings.** Share ways you manage your feelings and let them know they can come to you at any time.
- 4 Establish routines.** Maintain good family household practices like regular sleep times and healthy eating. Feeling rested and knowing what to expect at home helps children cope.