



Planning For Your Child's Best School Year Yet



Today's session will cover

- Managing Big Feelings
- Setting Routines
- Time Management & Organizational Tools
- Academic & Performance Pressure
- Peer Relationships
- Peer Pressure & Bullying
- Seeking Mental Health Support
- Q & A

Managing Big Feelings

- Listen
- Validate feelings
- Make a plan
- Encourage positive self-talk



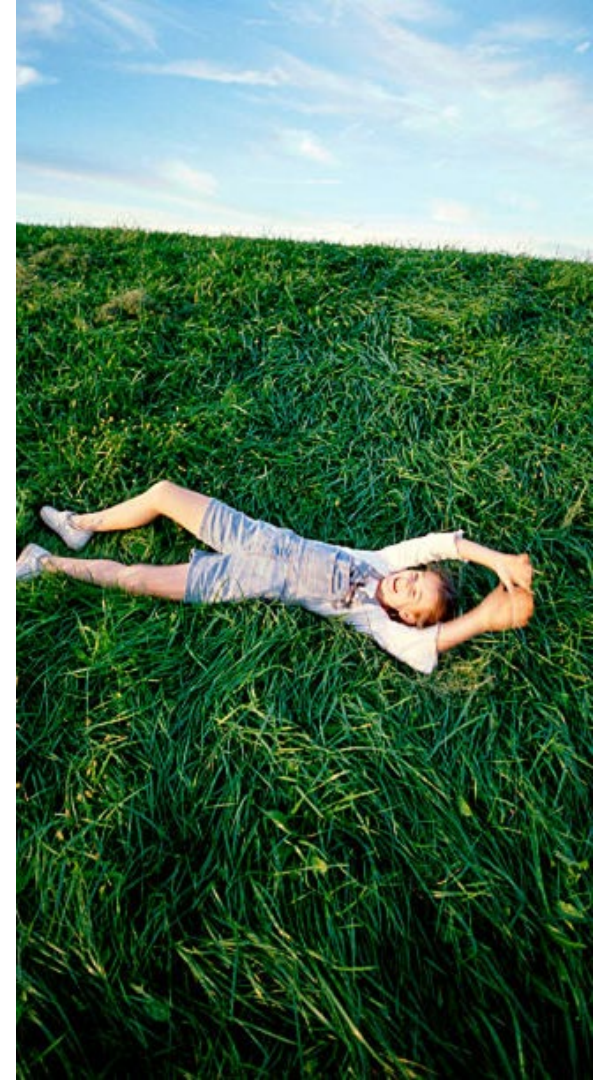
Easing Anxiety

- Prepare in advance
- Tour your child's school
- Give your child a piece of home to take with them
- Use rewards and praise



Navigating Stress

- Incorporate self-care
- Encourage healthy habits
- Prioritize responsibilities
- Talk about stressors



Setting Routines

- Brainstorm together
- Create checklists
- Consider reward charts
- Transition gradually and early
- Practice, practice, practice!



Morning Routines

- Prepare the night before
- Give yourself 15 minutes of “me-time”
- Fuel up on breakfast
- Encourage cooperation and positive thinking



Homework Routines

- Identify a designated homework area
- Set a time to start homework
- Create a homework checklist
- Break up large assignments



Bedtime Routines

- Set a bedtime and (try to) stick to it
- Create a predictable wind-down routine
- Build in connection
- Optimize sleep environment



Time Management & Organizational Tools

**Weekly
Planner**

**Daily
To-Do Lists**

**Checklists
for Routines**

Timers

**Monthly
Calendar**

**Visual
Schedules**

**Reward
Charts**

**Folders &
Binders**

**Storage
Bins**

Labels

Academic & Performance Pressure

- Encourage a growth mindset
- Reflect on the previous year
- Identify goals
- Foster personal responsibility
- Access school resources



Peer Relationships

- Help your child develop social skills
- Encourage social interactions
- Connect your child with a social network



Peer Pressure

- Help your child explore their values
- Plan for possible situations
- Encourage assertiveness
- Teach your child to feel comfortable saying “No”





Bullying

- Communicate openly with your child about bullying
- Empower & support your child
- Establish safety with school personnel
- Access school supports

Signs Your Child May Need Additional Support

- Noticeably and consistently different behavior
- School avoidance
- Changes in mood
- Sleep disturbances
- Changes in appetite
- Physical complaints

Questions?

Thank You!