



The transition from August to September can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude.

Here are a few suggestions to help ease the transition and promote a successful school experience:

### Before School Starts

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- **Good physical and mental health.** Be sure your child is in good physical and mental health. Schedule doctor and dental checkups early.
- **Review all of the information.** Review the material sent by the school as soon as it arrives.
- **Re-establish the bedtime and mealtime routines.** Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts.

### The First Week

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- **Clear your own schedule.** To the extent possible, postpone business trips, volunteer meetings, and extra projects.
- **Leave plenty of extra time.** Make sure your child has plenty of time to get up, eat breakfast, and get to school.
- **After school.** Review with your child what to do if he or she gets home after school and you are not there. Be very specific, particularly with young children.

### Overcoming Anxiety

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- **Let your children know you care.** If your child is anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope.
- **Do not overreact.** If the first few days are a little rough, try not to overreact. Young children in particular may experience separation anxiety or shyness initially but teachers are trained to help them adjust.
- **Arrange play dates.** Try to arrange get-togethers with some of your child's classmates before school starts and during the first weeks of schools to help your child re-establish positive social relationships with peers.

***Please contact the EAP if you are interested in our expanded tip sheet.***

Remember Cascade EAP for recommendations and resources.



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