



BATTLING BACK-TO-SCHOOL BUTTERFLIES



Like any new situation, the first day of school can cause some anxiety. Remember this is normal and expect your child to take some time to adjust. Here are some other helpful tips to try as your child transitions to a new classroom or school for the first time:

Emphasize all of the positive and exciting things a new classroom or school can bring.

- Seeing their friends and meeting some new ones
 - Exploring a new classroom...new books, new desks, new activities
 - Buying new school supplies (who doesn't love shopping for new folders or spirals that are decked out with their favorite characters?!)
 - Learning new subjects or taking new classes
 - Joining school sports teams or clubs
- ... This list could go on and on!

Begin getting into a routine slowly, ideally several days before the first day of school.

- Establish a reasonable bedtime. Being well-rested is strongly connected to the ability to learn and retain information.
- Eat a healthy breakfast to start the day off feeling alert
- Write down important information (locker combination, class schedule, important phone numbers, etc.) and tuck it in a safe place that's easily accessible
- Use a calendar, agenda or planner to keep track of assignments, tests, practices, appointments, etc. Many schools issue agendas to be filled out at the end of each day. The agenda is always a good reference point when asking that dreaded question, "Have you finished all of your homework?"
- Organize and pack up materials such as papers, books, folders, etc. each night, so important things aren't forgotten in the morning rush
- Choose and lay out clothing each night. This will help keep early mornings as stress-free as possible

