



PREPARING YOUR CHILD TO RETURN TO SCHOOL SOME HELPFUL TIPS

COPING SKILLS:

Locate school resources ahead of time:

Talk with your child about what they can do if they experience difficulty at school. One helpful coping skill is knowing who they can turn to if they need help on campus.

Repeat a calming phrase/affirmation:

Another might be coming up with a calming phrase they can repeat to themselves if they feel nervous or worried. This can be as simple as “I can do this” or “I got this,” or simply “remember to breathe.”

Deep breathing:

Practice deep breathing together, for several rounds, when you are both relaxed, so that your child has the experience of relaxation that comes from this practice and remembers how it can be useful. *Explain to them that they can use deep breathing when they begin to feel worried.*

Use Technology

A favorite App can help calm them down or help them feel lighthearted. There are many of these to choose from and your child might already have a favorite. Some of these include Mindful Gnats, MindShift, Headspace, iFunface.

Normalize worries:

“I am not alone. Others are experiencing this, too.”

Help to normalize any worries by reminding your child (and yourself) that you are not alone. Others are likely similarly struggling, and it is very normal to have feelings of apprehension. This reminder helps those students who think that there is something wrong with them for feeling what they are feeling.

For those students who are greatly struggling with the idea of returning and perhaps have developed mental health challenges, or an exacerbation of existing mental health difficulties, it is important to consult with their pediatrician as soon as possible so that you access additional resources.

PLEASE NOTE:

******If your child is experiencing a marked change in behavior and their daily functioning has significantly declined (for example they are eating significantly more or significantly less than usual, they are sleeping significantly more or less than usual, they no longer have interest in activities they used to be interested in, they are noticeably more irritable and/or sad, they report feeling hopeless, they have suicidal ideation or are engaging in self-harm) contact mental health professionals as soon as possible for additional supports.******

These responses are general advice and are not meant to be diagnostic, crisis intervention, or individual therapy. This information is not a substitute for mental health services. Please call 911 if you have imminent safety concerns about yourself or your child.