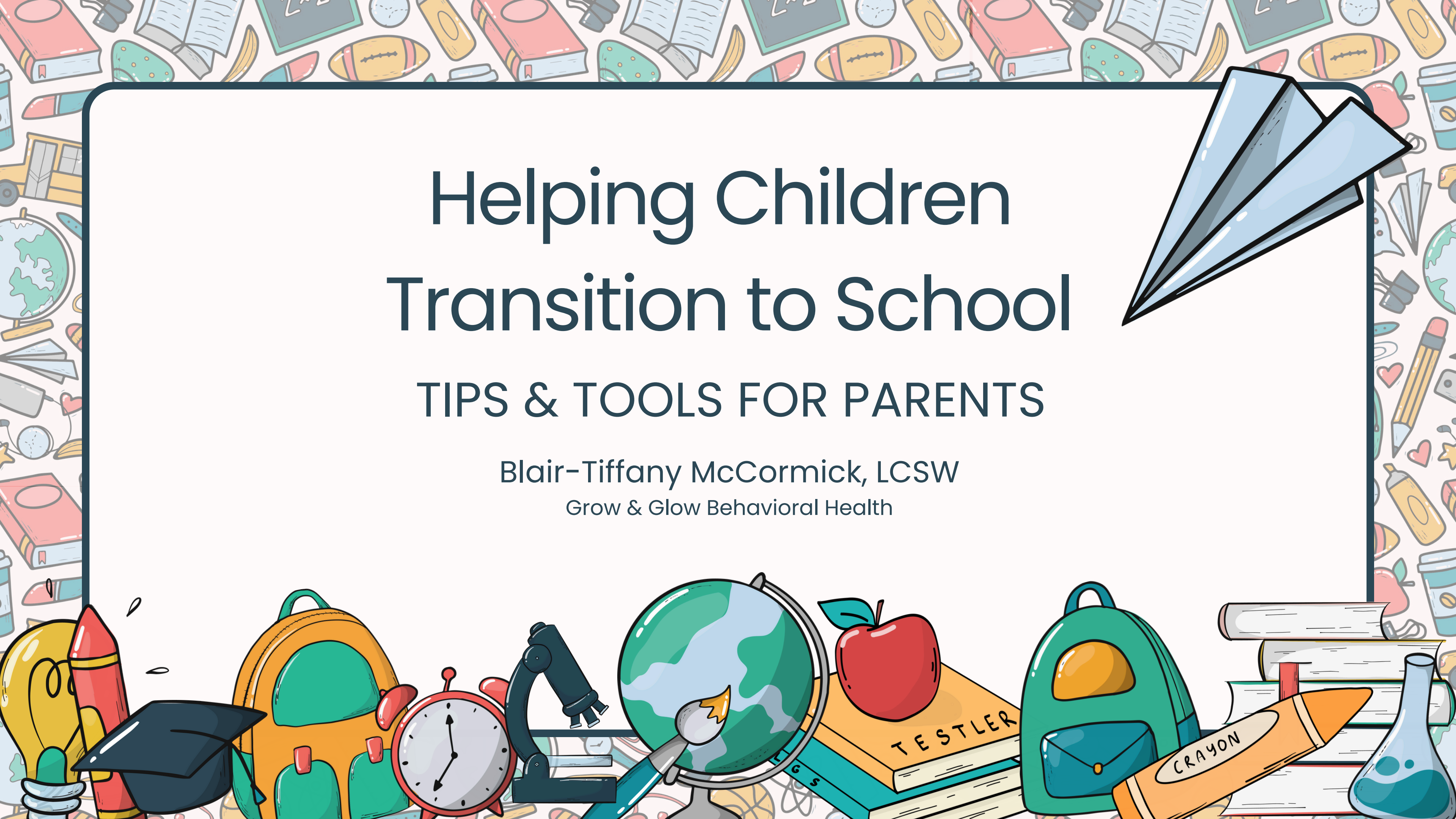




Helping Children Transition to School

TIPS & TOOLS FOR PARENTS

Blair-Tiffany McCormick, LCSW
Grow & Glow Behavioral Health

Why Transition Matters

Returning to school can be a big shift for kids. Transitioning from a summer with flexibility or child led routine back to a time restrictive adult led routine can bring about a variety of emotions.

These emotions include: sadness, anger, anxiety, fear, excitement, and resistance.



What They Are Experiencing



These emotions can stem simply from the lifestyle change, or specific experiences like separation anxiety, social concerns, or internalized academic pressure.

Further distress can be felt from your child's inability to recognize, understand or verbalize these emotions.



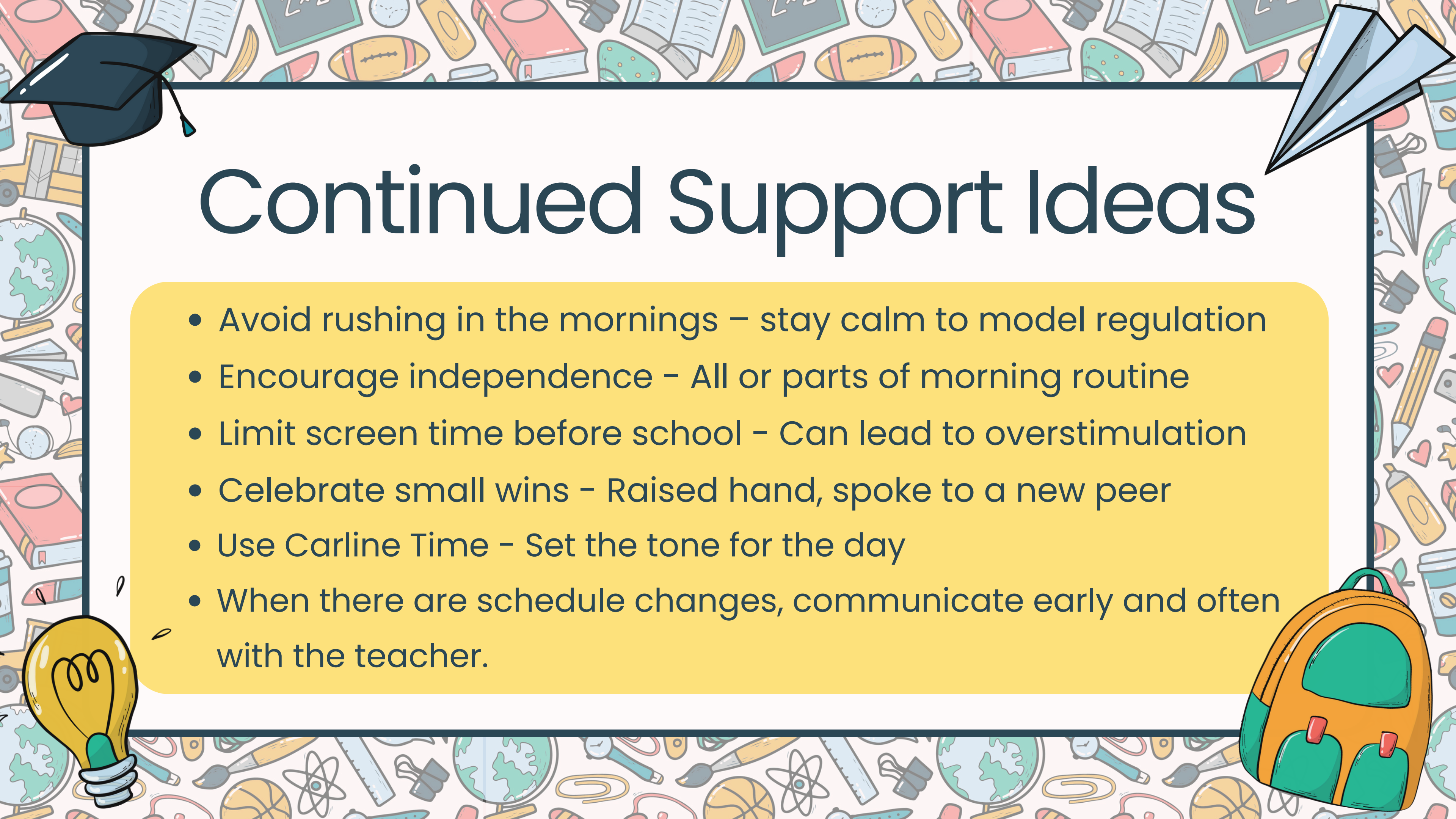
How to Support at Home

Create a consistent routine.

Talk about school positively.

Avoid rushing in the mornings.



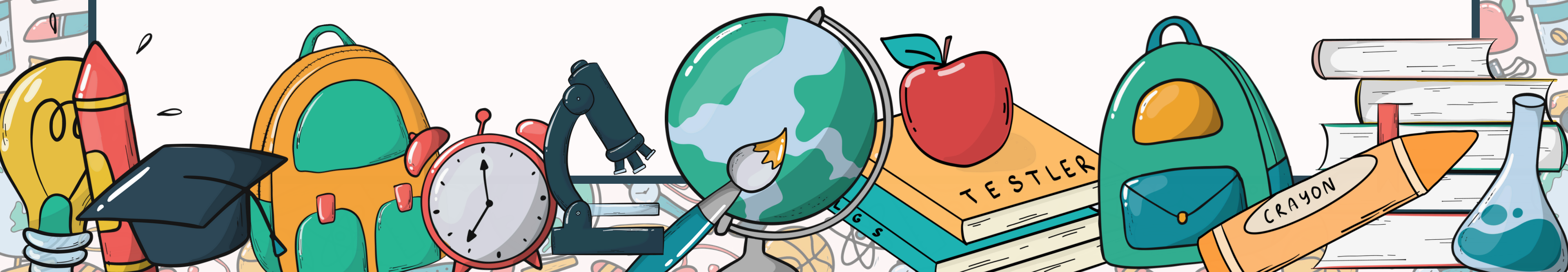


Continued Support Ideas

- Avoid rushing in the mornings – stay calm to model regulation
 - Encourage independence – All or parts of morning routine
 - Limit screen time before school – Can lead to overstimulation
 - Celebrate small wins – Raised hand, spoke to a new peer
 - Use Carline Time – Set the tone for the day
 - When there are schedule changes, communicate early and often with the teacher.
- 
- 

When to Be Concerned

If signs of distress (clinginess, stomachaches, aggression, sleep issues, social/emotional withdrawal) last longer than 2–3 weeks, it is encouraged that parents reach out to a teacher, counselor, or therapist.



You've Got This!

Most kids adjust back to school with time and support.

Connection + Routine + Patience = Your Best Tools

