



## Helping Your Student Return to School After a Break

Returning to school after a holiday or extended break can take some adjustment. A little preparation at home can help your child feel more confident and ready for a successful return. As your family settles back into the school routine, celebrate a smooth transition with a simple family activity, such as playing a favorite game, enjoying a special meal, or spending time together.

### **1. Mark the Return Date**

Help your child know exactly when school resumes. Younger children may benefit from a countdown or family calendar, while older students can add the first day back to their own planner or phone calendar.

### **2. Ease Back Into a School Routine**

Begin shifting bedtimes and morning routines a few days before school starts again. Getting enough sleep helps students arrive rested, focused, and ready to learn.

### **3. Check In With Your Child**

Talk about returning to school and ask how your child is feeling. Encourage them to share both their excitement and any concerns so you can offer reassurance and support.

### **4. Review School Responsibilities**

Before the break ends, check for homework, projects, or other assignments that need to be completed. Planning ahead can help your child avoid unnecessary stress on the first day back.

### **5. Reach Out When Extra Support Is Needed**

It's normal for some students to have a difficult time returning to school after a break. If your child continues to struggle, encourage open conversations and connect with teachers, counselors, or other school staff who can provide additional support.