



# WELLNESS TIPS

## BACK TO SCHOOL



### TIPS FOR SEPTEMBER WELLNESS

#### Check In

Getting back into the rhythm of the school year can feel like a big change for families after a summer of fun! Now that the school year is underway, how did your back to school plan go? How is the family adapting to the new schedule? Now is a great time to examine the routine you have established, and make adjustments to ensure an organized, productive, and fun school year!

#### With Your Child

Children may feel nervous about returning to school. It is important to be honest and allow space for them to express their concerns, while avoiding too much focus on physical safety and/or risk.

Check in regularly with your child, as their emotions and feelings will likely change from day today or week to week. Even though things are different, they can manage and there will be adults there to help. Now that your child has been back in school, check in with them on how it is going and what adjustments can be made to promote their success.

#### With Yourself

Take care of yourself, so you can be the best support to your children. Often, our own self care comes last. Now that your family has transitioned into the school year, assess how or if your self care has changed. Try to take time each day to do something just for you that helps you to feel well and happy. You know best what that is. Practicing self care and positive coping during uncertain and difficult times is a powerful tool to support your children.

*Going back to school after the summer break can be a big adjustment for families. Supporting mental health and wellness during the return to school is critical in reinforcing your child's success!*