

We're Back to School! Now What?

27J Schools and Pennock Center for Counseling is offering this parent support class to help make the 2021-22 school year a success! Thank you for your participation.

Challenges for Students:

Your child may be facing in-school learning for the first time or may be returning to school again after a challenging last year. Some children may have trouble adjusting to the structure of school, adjusting to long days, early mornings, and homework. Some may feel anxious about getting back to school. You can help ease the transitions.

Preparing for School:

- Adequate sleep makes everything easier – work towards a school bedtime and waking up time before school begins.
- Initiate conversations about the positive things about school and about any questions they might have.
- Walk your child through the school day – talk about what to expect and what things might be like.

Setting Kids up for Success:

- Structure and predictability – helps kids feel secure.
- Daily routines – homework time again.
- Self-esteem – focus on your child's strengths and abilities.

Battling the Butterflies:

- Start a conversation about your child's feelings about starting school.
- Reassure them that most people have similar feelings and that you are there to support them.
- Be a cheerleader for your child.
- Be relaxed yourself about the start of school – children pick up on our anxiousness.
- Teach coping skills like; belly breathing, stretching, drawing, doodling, imagining a favorite place, body relaxation, and positive self-talk – “I'm okay.” or “I'll make it through the day.”

Establishing Open Communication:

- Make time daily to talk about school.
- Ask open ended questions – How was it? What went on?

Seek Further Support:

- If you see significant behavior changes in your child.
- If you see grades tanking.
- If your child starts avoiding school.

YAY! You've Got This.

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