

Helping kids mentally prepare for back to school is crucial for a smooth transition. Here are some top tips:

- 1. Establish a Routine Early:** Start adjusting bedtime and wake-up times a couple of weeks before school begins. Creating a consistent routine helps kids get back into the school mindset and reduces anxiety about the first day back.
- 2. Open Communication:** Talk to your kids about their feelings regarding the new school year. Address any concerns they might have and discuss what they're looking forward to. Encouraging them to express their emotions can alleviate stress and build confidence.
- 3. Review School Materials Together:** Go over any school supplies, schedules, or curriculum materials with your children. Familiarizing them with what to expect can reduce anxiety about the unknown. Visiting the school or meeting the teacher in advance, if possible, can also be beneficial.
- 4. Set Goals and Expectations:** Help your kids set realistic goals for the school year. Whether it's academic achievements, making new friends, or participating in extracurricular activities, having clear objectives can give them a sense of purpose and motivation.

Implementing these strategies can help ensure a positive and mentally prepared start to the new school year.



KOOTENAI MEMBER HEALTH & WELLNESS CLINIC
Powered by PMR Healthcare
920 West Ironwood Dr, Suite 206
Coeur d'Alene, ID 83814

Email: pmrkootenaicounty@pmrhealthcare.com
Call: (208) 686-3371
www.pmrkootenaicounty.com

Kootenai Member
Health & Wellness Clinic

POWERED BY

PMR
HEALTHCARE

SINCE 2005