

Back to School



Mental Health Checklist



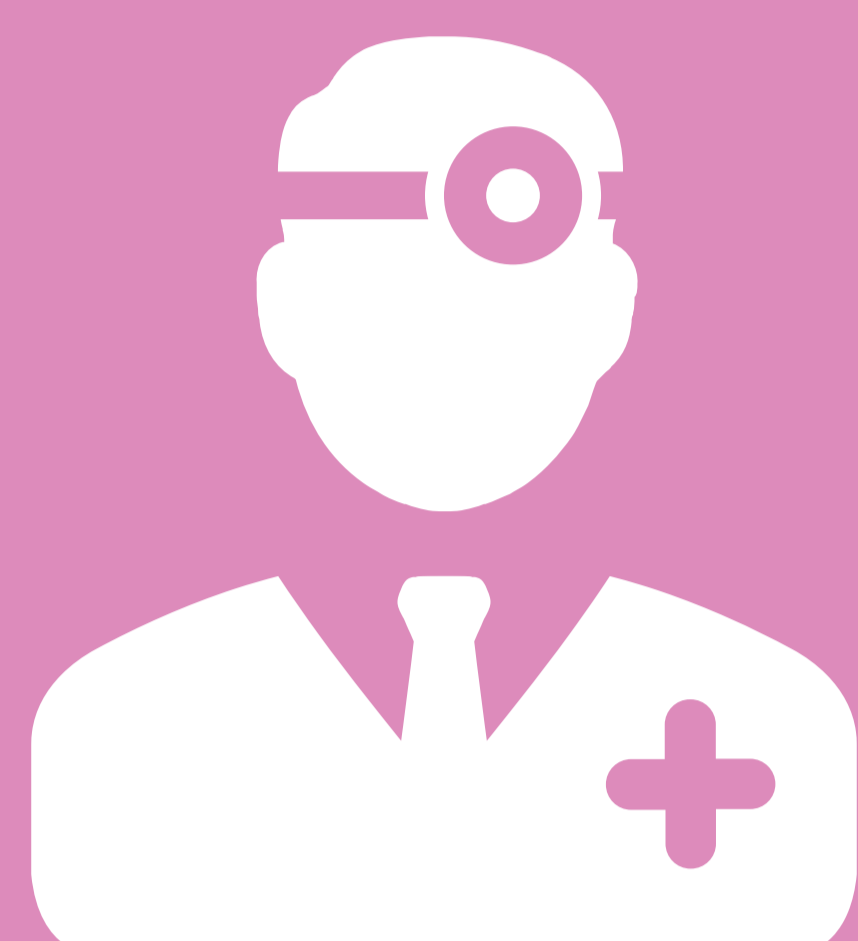
Get back into a routine

About 1-2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.



Check for changes

Review what's different from last year. Is your child going to a new school? Does your child have a new bus stop? Be proactive. Walk to the new bus stop, play on the school playground, come for a visit when schools open on August 21, or call to set up a time to meet with members of your school team.



Visit some professionals

Doctors, dentists, optometrists. Make sure your vaccine records, physicals, immunizations and eye appointments are up to date!



Organize yourself

Get a calendar and then print and post school and extracurricular activities so you don't miss any important dates. All of our schools have online calendars on their websites with information about upcoming school activities.



Act as a sounding board

Have an open conversation about what it is that's worrying your children and letting them know that it's natural to feel anxious. Try to listen without immediately offering opinions or advice.



Schedule child care

Are you a working parent and need before and/or after school care? Plan those arrangements now so everyone knows where they are going and what is happening.



Plan healthy meals and snacks

Involve your child in the process so they learn how to make healthy food choices. Brainstorm family dinner ideas, or fun lunch options. Your children can help plan, prepare and pack those lunches!



Show Your Support

Show your children that you care and are interested in what they are learning at school, and how the new routines and regulations feel. Encourage them and support them with specific praise rather than general compliments. This will show your children that you appreciate the effort they make at school, and that their work is valued.



Meet your team!

Meet teachers, coaches and program leaders. Take time to introduce yourself to teachers, coaches and anyone else who will spend time with your child this year. Let them know the best way to reach you and share any important details about your child. What is your child's strength. Where do they need extra support?

Celebrate summer



Have a good time with your family. Plan a few final family activities. Have a board game night, make s'mores, go for a swim in one of our beautiful local lakes or pools. Watch a movie you didn't have time to see this summer, take a family bike ride or visit a local attraction like a park or a museum. Be together!