

# Back-to-school stress busters



GOING BACK TO SCHOOL IS A BIG TRANSITION FOR KIDS. PROVIDING EXTRA SUPPORT AND UNDERSTANDING CAN ENSURE A SMOOTH START TO THE SCHOOL YEAR AND A POSITIVE SCHOOL EXPERIENCE.



## EASE INTO A DAILY ROUTINE

A week or two before school starts, gradually establish an appropriate sleep and meal schedule. A tired or hungry child will struggle to manage their feelings. Set them up for success.

## PLAN A DAILY CHAT TIME

It doesn't have to be long, but set aside ten or fifteen minutes to check in with your child. Ask questions and let them share their thoughts and feelings about their day.

## MAKE TIME FOR PLAY

Play is how kids relax and make sense of the world around them. Unstructured play should be a non-negotiable part of your child's day.

If your child is struggling, it helps to talk to your pediatrician. Your healthcare provider can recommend stress management techniques or address any other needs your child may have.