



# SEPTEMBER: BACK TO SCHOOL

## – What Caregivers Need to Know –

### The Basics

Returning to school after summer vacation can be an exciting time for some and can also be a difficult transition for others. For kids who may be struggling with the transition back to the classroom, here are some ways you can support:

#### Communicate with your child

- Talk about what to expect the first day or first week of school
- Ask them about what concerns them and validate their feelings and concerns even if they are different than your own
- Provide reassurance as needed, let them know you are there to listen

### Tips to Manage Back to School Anxiety for Kids

Encourage your child to try these instant tricks to manage their anxiety related to the return to school

- Take 3 deep breaths
- Drink water/chew ice
- Go for a walk/exercise
- Listen to music/dance
- Take a bath/shower
- Recite affirmations
- Talk to a friend

#### Additional Resources

- Article: [What to do and not to do when Children are Anxious](#)
- Article: [Strategies to support anxious children](#)
- Video for younger kids: [Cosmic Kids Yoga](#)
- Video for older kids: [Mindfulness](#)

#### Questions? Want Support?

**Connect with the Wellness Team at H.D. Cooke ES!**

Ramona De Jong, [Ramona.DeJong@k12.dc.gov](mailto:Ramona.DeJong@k12.dc.gov)