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Back-to-School Tips

For a Smooth Start to the Academic Year

Routines and Readiness

Bedtime Routine

Establish a consistent bedtime routine 2 to 3 weeks before school starts. If your child's sleep schedule was different over the summer, gradually adjust wake-up times to match the school schedule.

Daily Routine

Create regular daily routines for when your child comes home. Include time for a snack, play, supper, homework, and bed.

Morning Routine

Review and practice the morning routine before the first day. Have clothes picked out and the bag packed and ready to go to ease the first morning of the school year.

Setting Familiarity

Visit the school and classroom with your child before the year begins, if possible.

Confidence and Connection

Child Involvement

Involve your child in back-to-school shopping to make sure they have all the supplies they need and to build excitement.

Acknowledge Fears

Talk through any back-to-school worries or anxieties your child may have.

Teacher Dialogue

Reach out to teachers early to establish open communication.

Classmate Connection

Encourage your child to connect with classmates before school starts, especially if they will be in a new school or a new class.

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Need a Trusted Referral? We're Here to Help.

If a child's anxiety is interfering with daily life, or if parents feel stuck, call our team. No waitlist, and a free 10-minute call to see if we're a fit.



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