aspire psychological

Why the End of the School Year Feels So Hard for Anxious Kids

What School Counselors Should Know, and What Parents Can Do

Does Your Child Have:

Physical Symptoms?

Frequent headaches, stomachaches, or other bodily complaints, especially when facing change or stress.

Behavioral Changes?

Increased irritability, defiance, meltdowns, or noticeable emotional outbursts during transitions or uncertain times.

Sleep Disturbances?

Trouble falling asleep, nighttime anxiety, waking up frequently, or heightened clinginess around bedtime.

Excessive Worrying?

Frequently asking anxious questions or repeatedly seeking reassurance about upcoming changes.

The underlying cause is often anxiety driven by change and unpredictability. School-year routines disappear, and summer brings uncertainty: new people, new places, and no clear structure.

4 Tips to Help Them

Validate Emotions

Calmly acknowledge your child's feelings without immediately trying to fix the problem.

Encourage Bravery

Gently encourage your child to face anxious situations with your steady support and reassurance.

Maintain Routines

Keep predictable daily routines to help your child feel secure during changes or transitions.

Use Visual Schedules

Create visual schedules to clearly show daily activities and ease anxiety about upcoming events.

Learn how our team **partners with schools**

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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This guide is for educational purposes only and does not constitute professional advice or create a therapist-client relationship. For concerns about your child, please consult a qualified mental health professional.