

Easing Back-To-School Worries

Back-to-school anxiety can affect the entire family. Kids worry about missing the bus and making new friends. Parents fret about the hectic mornings and the chaos of carpooling. Here are some suggestions for you to help ease your child's back-to-school worries.

One week before school begins...

Start practicing with the alarm clock. Send your kids to bed at their regular school-night time and start getting them up early. Explain that everyone needs to adjust to a new schedule.

Practice the bus run. Describe the bus route for your children, including where the bus goes and how long it takes to get to school. Talk about bus safety. Review the rules and go over safety measures regarding traffic and strangers.

Take a tour of the school. Make arrangements with the school, and show your children their classrooms, the cafeteria, and the bathrooms.

The day before school starts...

Lay your clothes out. With your child, select outfits for the first week so there's no anxiety about clothes in the morning.

Pack up the night before. Get your children's books, lunch money, and school supplies ready to go before they go to bed.

Send your child to school with a photo. A family photo or a reassuring note in a child's lunch can help ease separation anxiety.

On the first day of school...

Get on the bus. If your child(ren) will be taking the bus to school, don't drive them the first day. Calm children's fears by going over the bus number and reminding them that their teachers will make sure that they get on the right bus.

Have a great day! Enjoy the chance to see old friends and meet new ones.

