

SUPPORTING **your** CHILD'S SOCIAL- EMOTIONAL HEALTH

Check in with your child. You can ask:

- How do you feel about going back to school?
- Is anything worrying you?
- What was a fun or hard part of today?
- Is anyone teasing you or bullying you?

How can you support your child during the transition back to school and during the year?

Create a new routine together.

Talk about how to stay healthy through:

- Exercise and sleep.
- Good nutrition and hydration.
- Screen time management.

Pay attention to your child's:

- Moods and feelings.
- Behaviors.
- Attitudes about school.

If you see changes or have questions, talk with your child's teacher or doctor.

To encourage your child:

- Stay calm and supportive.
- Help your child name emotions.
- Focus on positive things.
- Share why your child is special and why you are proud of your child.
- Draw and write together.





If your child is anxious about separation:

- Listen to their concerns.
- Practice short times apart.
- Create a good-bye routine.
- Send them a special note or photo in their backpack.
- Assure them you will miss them too.

If your child is anxious about safety:

- Listen to their concerns.
- Share safety steps they can take.
- Answer their questions honestly.

When you talk to your child's teacher, share your child's:

- Strengths and challenges.
- Ways of dealing with stress.
- Questions and concerns.
- Interests and talents.

If you need more support, find out how to:

- Contact school counselors or psychologists.
- Find resources to address stress, anxiety, trauma or abuse.
- Connect with other families.

Adapted from ColorinColorado.org

This resource and other family engagement resources are available by contacting the Kansas Parent Information Resource Center (KPIRC)

A Project of the KSDE Technical Assistance Systems Network (TASN)



www.ksdetasn.org/kpirc

Toll-free: 1-866-711-6711 or Local 785-783-2975