



# BACK TO SCHOOL

**5 TIPS FOR A  
SUCCESSFUL  
TRANSITION**



1

# Normalize ALL feelings.

**Child is feeling worried.**

*Caregiver Response: It makes sense to feel worried about starting a new year OR it is normal to feel worried about a new school year.*

**Child is feeling excited.**

*Caregiver Response: It makes sense that you feel excited to be back.*

**Child is feeling mixed feelings.**

*Caregiver Response: It makes complete sense to feel lots of different feelings about going back to school. Sometimes it is hard to sort through those feelings.*



2

**Start practicing routines now.**

**Create and begin using a bedtime routine that will work throughout the school year.**

**Create and begin using a morning routine that will work throughout the school year.**

***Getting enough sleep, a healthy breakfast, and having time to transition in the morning will help set your child up for success!***






3

**Caregivers set the tone. Be a good example.**

**Our kids mirror our responses.**

**Show your child with your words and actions that:**

- *you are excited for their return to school*
  - *you are confident in their ability to succeed*
  - *you are confident in the support they will receive*
  - *you value their education and learning experience*
- 



4

# **Attend orientations and meet your teachers!**

**Your child's teacher is excited to meet  
and learn about their new students.**

**Use orientation as an opportunity to  
help your child get familiar with their  
school and new teacher(s).**



5

## **Ask for help.**

**If you or your child have questions or concerns, do not hesitate to reach out for help.**

**Connect with your building principal, your school counselor, your school social worker, or your classroom teacher.**

***Who is your child's safe adult?***

***Everyone wants your family to be set up for success!***





The background is a light blue grid with various colorful, hand-drawn school-related icons. At the top, there's a blue cloud, a pink clock, a blue flower, a globe, and a blue backpack. On the left, there's a blue laptop and a red heart. On the right, there's a pink flower and a red apple. At the bottom, there's a blue backpack, a pink pencil holder with colored pencils, a blue ball, and a blue school building.

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