

BACK TO SCHOOL

MENTAL HEALTH CHECKLIST



GET BACK INTO A ROUTINE

About 1-2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.

VISIT HEALTHCARE PROFESSIONALS

Visit doctors, dentists, optometrists. Make sure your vaccines, physicals, and eye appointments are up to date!



SHOW YOUR SUPPORT

Show your children that you care and are interested in what they are learning at school, and how the new routines feel. Encourage them and support them with specific praise rather than general compliments. This will show your children that you appreciate the effort they make at school, and that their work is valued.

PLAN HEALTHY MEALS AND SNACKS

Involve your child in the process so they learn how to make healthy food choices. Brainstorm family dinner ideas, or fun lunch options. Your children can help plan, prepare and pack those lunches!



LISTEN TO WHAT THEY'RE SAYING

Have an open conversation about what it is that's worrying your children and letting them know that it's natural to feel anxious. Try to listen without immediately offering opinions or advice.

PREPARE FOR CHANGES

Review what's different from last year. Is your child going to a new school? Does your child have a new bus stop? Be proactive. Walk to the new bus stop, play on the school playground, come for a visit when schools open, or call to set up a time to meet with members of your school team.



ORGANIZE YOURSELF

Get a calendar and then print and post school and extracurricular activities so you don't miss any important dates. All of our schools have online calendars on their websites with information about upcoming school activities.

CELEBRATE SUMMER

Have a good time with your family. Plan a few final family activities. Have a board game night, make s'mores, go for a swim in one of our beautiful local lakes or pools. Watch a movie you didn't have time to see this summer, or take a family bike ride. Be together!

