

care/solace



BACK TO SCHOOL

transition tips



transition Back to School for parents

Returning to school can feel overwhelming for families. Preparing ourselves as parents is essential to supporting our children.

Here are tips for a smooth transition:



Walk them through *breathing exercises* when they experience stress



Start a Schedule


Monday -Friday:

- Set a morning alarm
- Have regular meal times
- Read for 30 minutes
- Stick to a consistent bedtime



Check-in Each Day

Consider asking them...

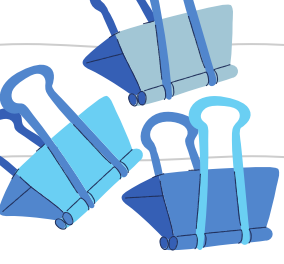
1. What are 3 things that went well today?
 2. What was the hardest thing you did today?
 3. Who did you play with today?
- 



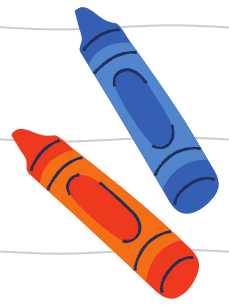
help is available.

If you notice your child having difficulty, communicate with your child's teacher(s) or counselor. You can also use Care Solace to find mental health support for you or your child.

Use your district's Care Match link or call (888) 515-0545



transition Back to School for teachers



tips for a successful transition

- 1. Plan something to look forward to each month before winter break**
Fun activities, engaging projects
- 2. Pick a day to get out of your classroom at lunch time**
Eat lunch with a colleague, take a walk
- 3. Set a goal to leave school consistently each day**
Do your best to stick to it, set an alarm, plan activities that force you to leave school
- 4. Schedule an hour each day to take care of your wellbeing**
Walk, workout, meditate
- 5. Prioritize personal and professional learning**
Set goals for things you want to develop
- 6. Incorporate practices that support wellbeing in the classroom**
- 7. Try not to take grading home**
Or pick one day where you will
- 8. Reflect daily**
Process what is challenging, and what is going well
- 9. Set and stick to a regular bed/wake time**

help is available.

You aren't alone. Care Solace is here for you as you prepare to welcome a new class.

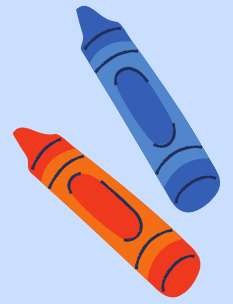
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Back to School

intention setting



THIS YEAR, I WILL
ACCOMPLISH...

THIS YEAR, I AM
FEELING...

THIS YEAR, I WILL
ATTRACT...

THIS YEAR, I LOOK
FORWARD TO...

help is available.

Care Solace is here to connect you to care as the school year starts.
Use your district's Care Match link or call (888) 515-0595



how to know

Could therapy help?

at the beginning of the year

Does your child react heavy to stress?

New stressors, notice if your child is more easily angry, frustrated, or anxious.

Is your child making friends easily?

Children can isolate and avoid socializing with friends when they don't feel mentally well.

Has your child been "moody" recently?

Take note of any frequent mood swings where the cause is unknown.

Are there drastic changes in sleep or eating patterns?

Tighter scheduled and longer days. Stay aware of any new unhealthy habits.

Are there any negative physical symptoms?

Some children may complain of frequent headaches or stomach issues without a clear cause.

Is your child neglecting their school work?

To escape the pressure, some students may procrastinate their school work.

if it is the right time, you're not alone.

Care Solace is available 24/7/365 to connect you or your child to mental health care.

At anytime, call:
(888) 515-0545

