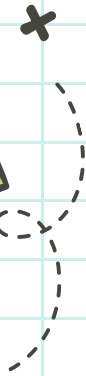




BACK TO SCHOOL TIPS FOR PARENTS



THE BEGINNING OF A NEW SCHOOL YEAR BRINGS EXCITEMENT AND CHALLENGES FOR BOTH PARENTS AND CHILDREN. HERE ARE SOME TIPS TO PRIORITIZE YOUR CHILD'S WELL-BEING.

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- **Establish Routines:** Create a consistent daily routine that includes wake-up, meals, homework, play, and bedtime. Predictable routines can help kids feel more secure and reduce anxiety.
 - **Set Realistic Expectations:** Celebrate your child's successes, no matter how small. Offer encouragement and support when they face challenges. Recognize that each child's needs and abilities are unique. Be in tune with the individual needs of each child.
 - **Model:** Your children are always watching you. Try to model healthy responses to disappointment, anxiety, and many other emotions. Remember that your non-verbal cues and actions can speak louder than words.
 - **Active Listening:** When your child talks to you about their day, stop what you are doing (put down your phone) face your child, and listen attentively. There is no better way to show them that their thoughts and feelings are valued.
 - **Validate. Validate. Validate:** Before offering your opinion or guidance, always validate your child's feelings first. ex: "I understand how that must have made you feel," or "that sounds really hard."
 - **Healthy Lifestyle:** Children function best when their basic needs are being met. Ensure your child gets enough sleep, eats balanced and nutritious meals, engages in regular physical activity and set limits for screen time.
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