Set up clear routines: Classroom, drop off, extracurricular activities, pick up time. This will help lessen stress, anxiety, and confusion.

Meet the teachers/parents to gain clear direction and expectations.

Together, discuss a clear list of expectations for the school year as well as rules and consequences in the classroom and at home. Having an open conversation provides kids a fair chance to understand, internalize and give their opinion on the expectations.

Make sure to have a clear and readily available list of support resources and emergency contacts for your students/children in case they need it.

Identify which special events or school activities are important for your students/kids and make an effort to share and show your excitement and make sure to be present.

Encourage setting up reminders and alarms to instill a sense of responsibility, accountability, organization, and timeliness.

Support and nurture your kids or students with positive and encouraging words.

Touch Base Again and Again ➡
Connect about their day/week/semester:
• What went well?
• What didn’t go so well?
• What are they looking forward to the most for next week/month semester?
• Are they feeling overwhelmed, depressed or isolated?
• Try not to micromanage homework assignments/deadlines or overload them with busy work.
• Communicate your availability and willingness to provide support if needed.
• Encourage your kids or students to tap into their hobbies, try something new, or give back to the community.
• Have fun! Enjoy some fun activities together, relax together, share funny memes or jokes.

Need support? Text SCHOOL to 741741

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