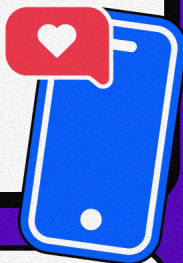


back-to-school checklist

Talk about it! Connect and chat with your kids or students about their feelings of going back to school, new teachers, building and maintaining friendships, fears, classes, and exciting opportunities.

Touch base again and again! Connect about their day/week/semester:

- What went well?
- What didn't go 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.
- **Encourage them** to tap into their hobbies, try something new, or offer them volunteer opportunities.
- **Have fun!** Enjoy some fun activities together, relax, share funny memes or jokes.



Keep spaces organized: Set up designated areas in the classroom and at home to foster routines.

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

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, show your excitement, and be present.



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