

Strategies for a Successful School Year



★ Tips for Easing Kids' School Anxiety & Building Morning Routines ★

1 Talk About Feelings Early

Check in the night before or at breakfast. Let kids share their worries and help them problem-solve together.



2 Create a Predictable Routine

A consistent wake-up, breakfast, and getting-ready sequence gives kids a sense of security. Post a visual checklist for younger kids.

3 Prepare the Night Before

Lay out clothes, pack lunches, and organize backpacks so the morning feels less rushed.



4 Add a Comfort Item

A small note, family photo, or keychain can remind your child they're loved throughout the day.



5 Use Calm Transitions

Soft music, deep breaths, or a few minutes of snuggling can help kids regulate before heading out the door.



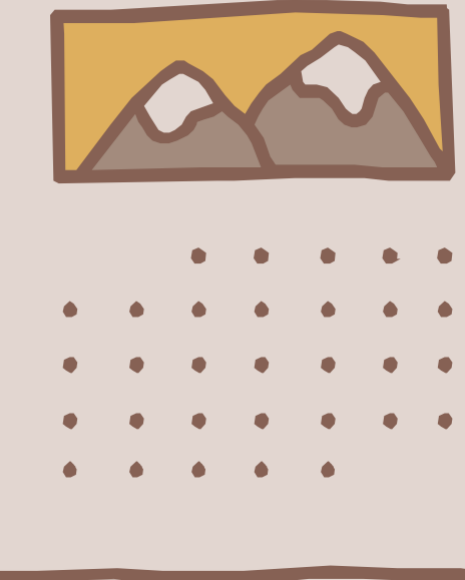
💡 **Remember: Kids often mirror our energy. A calm, positive tone sets the stage for their day!**

Establishing Strong Routines

- Set a consistent bedtime and wake-up time.
- Try to follow a calm, organized morning routine
- Set aside regular time for homework and reading.
- If possible, prepare a backpack, clothes, and lunch the night before.



Stay Involved in School



Attend parent-teacher
conferences
Regularly check folder,
planners, or school apps.

Read school newsletters
and communications.

Join PTA



SCAN ME

Support Learning at Home

BUILD ORGANIZATIONAL SKILLS

- Provide an organized homework space.
- Talk about what your child is learning,
- Connect school subjects to everyday activities when possible.

- Help your child use folders, planners, or checklists.
- Practice packing their backpack the night before.
- You can teach time management with visual timers or daily schedules.

Build Responsibility

✏️ "I'm here to help, but I won't do it for you."

🎯 "You're responsible for what you choose to do with this opportunity."

🚀 "If you forget, that's okay—you'll just try again tomorrow."

Tech Teach and Transform

Promote a Growth Mindset

Encourage Growth

🌈 **"Mistakes are part of learning—let's see what this one can teach you."**

💡 **"Failure is feedback. What will you do differently next time?"**

🔥 **"Your effort matters more than the outcome right now."**

Tech Teach and Transform

Foster Student Voice

💬 **"Tell me what you think the best option is."**

🎤 **"How do you want to handle this situation?"**

📌 **"What's your plan?"**

Tech Teach and Transform

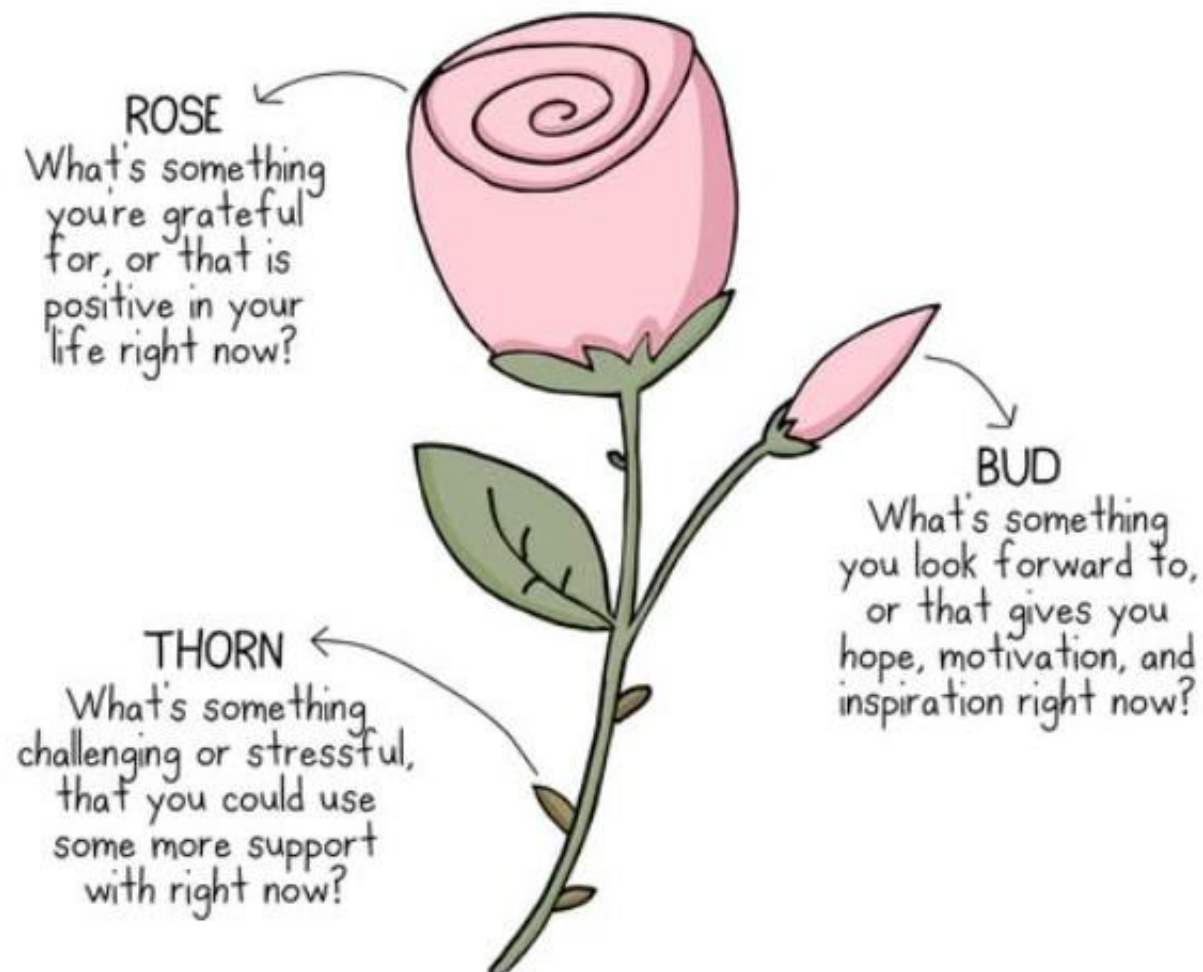
Support Social-Emotional Growth

TALK ABOUT FEELINGS & SOCIAL
EXPERIENCES

PRACTICE EMPATHY & KINDNESS
AT HOME

ROLE PLAY SCENARIOS TO BUILD
CONFIDENCE

ROSE, THORN & BUD CHECK-IN



- CATCH THE GOOD BEHAVIORS
- NOTICE AND PRAISE THE POSITIVE
- CONNECT BEFORE CORRECT (SHOWING EMPATHY BEFORE OFFERING GUIDANCE)

TALK ABOUT IT

Someone is breaking crayons at your table that are supposed to be for the whole table to use. You try telling them to stop, but they don't. What would you do?

ACT IT OUT

You want to play with a group of kids at recess, but they keep running away from you. What would you do?

TALK ABOUT IT

You forget how to get logged in on the iPad, but your teacher is busy with a small group. Nobody is sitting at your table. What would you do?

ACT IT OUT

You're working at math centers and see a classmate put some bear counters in their pocket. What would you do?

Open-ended scenario cards to spark critical thinking and collaborative problem-solving.

TIRED OF ASKING “HOW WAS YOUR DAY?”

TRY THESE INSTEAD:

Questions That Invite Storytelling

- What was the best thing that happened today?
- What made you laugh?
- Did anything surprise you today?

Questions That Help Kids Open Up Emotionally

- Was there a moment you felt frustrated or stuck?
- Who was kind to you—and how?

Questions That Invite Problem-Solving

- Was there anything tricky that you handled well?
- If you could rewind one part of your day, what would you do differently?

Questions That Invite Imagination + Reflection

- What's one thing you hope happens tomorrow?
- What's something you wish grown-ups knew about your school day?

Statements (Not Questions) That Show You Care

- “I thought of you during your math test today.”
- “I bet your body was tired after P.E.—you’ve been working hard.”
- “I missed you today and was excited to see you again.”
- “I know that spelling test was tricky, and I’m so proud of how you prepared.”
- “I love seeing your face at the end of the day.”

Communicate with Teachers



Reach out to introduce yourself.



Ask how to support learning or behavior goals at home.



Keep open lines of communication for questions or concerns.

Manage Screens & Sleep

- Set rules and guidelines at a young age
- Verify age appropriateness of all games, videos, social media
- **Monitor ALL** social media
- Set device curfews - Example all phones and tablets away at dinnertime and bedtime

Age	Recommended Sleep Duration
5 years	10–12 hours
7 years	10–11 hours
10 years	9–11 hours
12 years	9–10 hours

How Screen Time Disrupts Sleep

- **Melatonin Suppression:** The blue light from screens (phones, tablets, TVs) suppresses melatonin, the hormone that helps regulate sleep. This makes it harder for kids to feel sleepy at the right time. ¹
- **Delayed Sleep Onset:** Kids who use screens before bed often take longer to fall asleep. The stimulation from games, videos, or social media keeps their brains active when they should be winding down. ¹
- **Shorter Sleep Duration:** More screen time is linked to later bedtimes and shorter overall sleep. Even passive screen use (like watching TV) can reduce total sleep hours. ¹
- **Poor Sleep Quality:** Interactive or emotionally intense content can lead to fragmented sleep or more nighttime awakenings. ²

Model Positive Attitude

**SPEAK POSITIVELY ABOUT
SCHOOL AND LEARNING**

**SHOW INTEREST IN YOUR CHILD'S
DAY AND WORK.**

**SHARE YOUR OWN LEARNING
EXPERIENCES-SHOW THEM THAT
LEARNING NEVER STOPS**

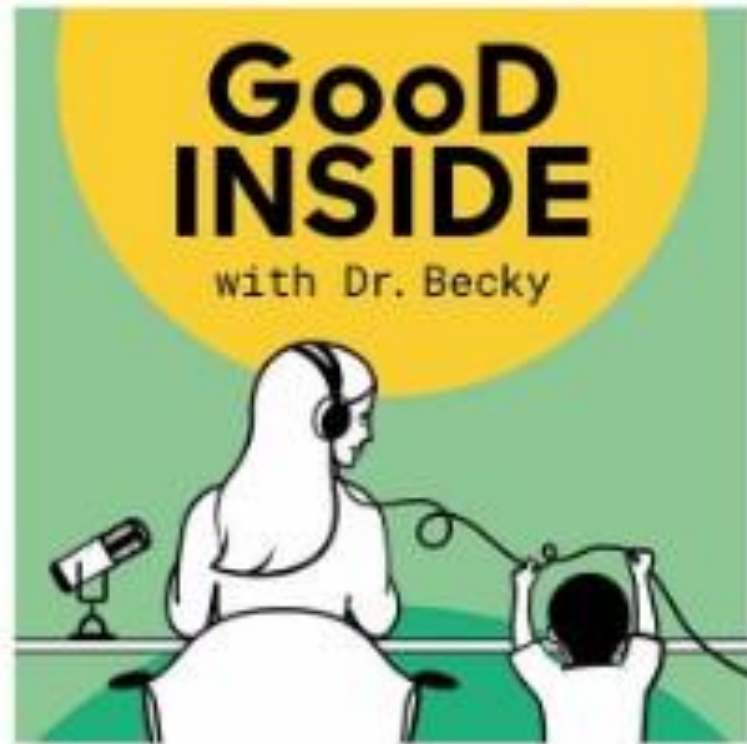


things your kids need to hear you say

- Your feelings and thoughts matter.
- You don't have to earn my love, it's always here.
- I love you no matter what.
- I love spending time with you.
- You don't have to be perfect, just be YOU.
- There's nothing that could make me stop loving you.
- You are stronger and braver than you think.
- I love being your parent.
- I see how hard you are working and I am proud of you.
- It's okay to make mistakes, that's how we grow.

PERFECTLY IMPERFECT PARENTING

Parenting Resources- Podcasts



Parenting Resources- Books

