

Get back-to-school ready with three tips from Brightline

When the first week of a new school year comes to a finish, comfort often looks like a quiet evening at home. A favorite show, Friday-night pizza, and cuddling before an early bedtime go a long way towards soothing your overstimulated child.

But the back-to-school prep that gets them (and you!) through those first few days actually starts now.

Here are a few ideas you can sprinkle into summer to help your child blossom right on time this fall. (And when you need a higher level of support, we're here to help with that, too.)



✓ Familiarize the unfamiliar

Visit the school, see the new classroom, and meet the teacher. If possible, meet up with a new classmate or two now so your child can find a familiar face on day one. Knowing a bit more about what to expect on that first day (and where to find the bathroom) can give them a sense of control.

✓ Talk about first-day feelings

Highlight the positives, validate their emotions, and remind your child that everyone feels nervous sometimes. Ask what they're excited about — seeing old friends, reading time, or a special after-school snack. Building empathy and communication skills helps settle those first-day jitters.

✓ Practice the new routine

Now is the time to wake up, get ready, and eat breakfast around the same time that you will need to during the school year. Gradually start to shift to an earlier bedtime a couple weeks before the first day. Easing into the schedule during summer means less tough transitions come fall.

Brightline's expert therapists and psychologists help kids up to age 18 with things like anxiety, depression, ADHD, OCD, and disruptive behaviors. Families benefit from flexible in-person or virtual sessions, evidence-based approaches, and results. With the right support in place, things start to get better.