

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

Elementary school is full of big jumps — socially, emotionally, and on the playground. So don't be too surprised if after that first week your child comes home exhausted, grumpy, or sad (even if it seemed to go well).

What helps? Doing little things to prepare for the school year before it gets here.

**Here are a few things you can start this summer to help your child feel more ready to take on school this fall.** (And when you need a higher level of support, we're here to help with that, too.)



### **Declare (age-appropriate) independence**

Do stubborn standoffs bring madness to your mornings? Offer two options (e.g. outfit or breakfast choices), then let your child choose their own adventure from there. Showing your child you trust their decisions builds self-worth, gives them a sense of control, and reduces conflict.

### **Practice social skills**

Encourage your verbal child to speak up for themselves — they can try ordering their own meal in restaurants and participate in conversations with others. Asking and answering questions on their own fosters healthy communication, builds relationships, and teaches them to problem-solve.

### **Keep talking**

Foster open, ongoing dialogue between you, your child, and their educators. Helping teachers understand your child can contribute to a more positive experience at school. And when your child knows they're supported at home and at school, they feel more safe, heard, and brave.

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.