

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

Kids in high school are learning (and teaching parents!) about languages, lingo, boundaries, boba, and everything in between. Their favorite cartoons might still be on the screen, but now they're filling out college apps while they watch. Each day is packed with lessons — both academic and social. It's a lot, no matter how ready they seem to be.

We're here to help you promote resiliency, independence, and balance for your teen, both through the end of summer and into the fall. (And when you need a higher level of support, we're here to help with that, too.)



Prioritize and organize

Talk about what's important to them this year and create a schedule together that balances commitments, extracurriculars, and down time. Knowing what's on their plate gives them a sense of control and teaches organizational skills they'll use in the years to come.

Encourage self-worth and empathy

Your child is so much more than their accomplishments. Showing up, putting effort in, and bouncing back can be even more important than any end result. Encourage them to be good to themselves — tuning into their own needs helps them understand how to treat others well, too.

Keep an eye out and the door open

While giving your teenager the space they need to develop independence, watch for changes in behavior or temperament, and model healthy ways to manage stress levels. Keep offering your love, support, and acceptance — it provides relief and gives them a constant safe space.

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.