

Is preschool off to a good start?

The first few days and weeks of the school year are a lot. Kids at every age and stage are just trying to hold themselves together in the best way they know how.

Needing more sleep, comfort meals, and quiet time is typical. For some kids who are going through an especially rough transition, those things aren't quite enough long term.

You know your child so well. But how can you tell if they are feeling left out, overstimulated, or anxious about all the time spent away from home? **Here are three ways you can check in, decode behaviors, and support your child as the year progresses.**



Make their teacher your partner

Your child's teacher is your eyes and ears while your child is in school. Checking in with them isn't a burden — the more aligned you are, the more supported your child will feel both at home and in class. Send check-in emails or schedule occasional in-person time to chat (bring coffee!).

Understand that behavior is communication

Keep an eye on your child's demeanor as the days turn into weeks. Do they wake up excited to eat and get ready to go? Do they seem sad, hesitant, or worried? Watch for uncharacteristic behavior and use it as your cue to find extra opportunities to support, soothe, or talk through worries.

Keep the feelings conversation going

Before school, remind them of something to look forward to like seeing a friend or a playdate. Afterwards (and maybe after a snack or nap), ask a few specific questions about books or friends. Listen attentively and remember that hurt feelings, snails, and soggy sandwiches are all a big deal.

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.