

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

If you have a child in middle school, your whole family is in the middle of some big changes. Things at this stage seem to multiply — from pairs of outgrown shoes, to homework assignments, to anxiety about friend groups, weekend plans, and team tryouts. (Not to mention, their newfound and sporadic annoyance with you.)

There are some simple back-to-school steps you can take now that will help make the first few days go more smoothly — for them and for you. (And when you need a higher level of support, we're here to help with that, too.)



Get a head start

A few weeks before school starts, begin summer reading, weekly tutoring, or brush-up sessions for the subject they struggle with the most. Doing it before classes are in session gives your child more time to build organizational skills and self-confidence.



Encourage responsibility and confidence

Develop age-appropriate tasks and schedules that your child can call their own. Show them how to set reminders, priorities, and time slots for work and play. Your belief in your child's ability to do things independently teaches them how to trust themselves — both at home and at school.



Talk about feelings and how to cope

Ensure your child has people they can talk with and that they know where to turn when they feel overwhelmed. Validate how they might be feeling and empathize by sharing your own feelings in healthy ways. Meditating, journaling, movement, and sleep can also help lower stress.

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.