

Back to School Tips

As we approach this new school year, unlike any other, having the right tools in hands to support your child transitioning from vacation to school mode is essential. Here are some helpful tips to put in place (or to remember!) before school starts.

Daily Conversations

In times like these, making sure everyone's mental health is in good shape is crucial. Encouraging your child to discuss openly how he/she felt about the day could help you detect any signs of anxiety, frustration or sadness. You may also discover that things are going better than you thought and that, at least, you do not need to worry about certain things yourself.

Work/ Study Area

Create a quiet and distraction-free designated place to do homework or to study. In the event of social distance learning, having a space where the noise level is at its lowest (ideally with a door) is essential for keeping the focus and concentrate better.

Use of Checklists

Using checklists, either for routines, chores, or even weekly "To-Do list" can help the entire family feels more independent and autonomous. Your child can also decide where would be the best place to post the checklist so that it is easier to access daily.

Routines

Going back to structured nighttime and morning routines as soon as possible will ensure that every member of your family feels in control and ready to take on their day. Planning progressive earlier bedtime, shorter screen time, and putting in place simple strategies before school starts are just a few ideas to help you alleviate the morning rush stress.

Getting some resistance? Involve your child in the process by brainstorming reasonable solutions together.

Family Calendar

Having a calendar (paper or electronic) where everyone can write their appointments or activities is another great way to visualize the following weeks. It also helps each member of the family plan their own schedule around everyone else, either for their academic, work or social life.

Connection between the school and your home

If you are concerned about your child's well-being during the school year, never hesitate to communicate with your child's teacher or the administration. If needed, they will help you find solutions or guide you towards outside resources.