



**Back to School 2021
 Preparing Kids for Success**

Back to School in 2021	Mental Health
<p>This year will be unlike any other The last 2 years have been difficult for everyone Students and families have experienced a lot of change and difficulties</p>	<ul style="list-style-type: none"> ✓ Mental health is critical as we begin the school year ✓ Ensure adequate down time ✓ Reduce overall demands ✓ Provide support and understanding
Compassionate View	Know Your Child
<p>Dr. Pat Friman's message No Such Thing as a Bad Boy #GoEasy https://youtu.be/IPQwvDUc-iM</p>	<p>Some students may need more preparation Some students may be stressed by preparation Provide your student with what they need to be successful</p>
Preparation Activities	Notes
<ul style="list-style-type: none"> ✓ Drive by the school or look at pictures (use Google) ✓ Point out different parts of the campus like drop-off and the office ✓ Talk about expectations 	
Preparing for Back to School	
<ul style="list-style-type: none"> ✓ Begin using a schedule like school ✓ Get ready in the morning and go to bed earlier ✓ Start slowly introducing a schedule that is more like school ✓ Start getting up earlier in the morning 	
Practice	
<p>Practice academic skills like math, sight words, and writing Skills needed to get ready for the day Begin practicing while there is more time - not rushed</p>	
Get School Materials	
<p>Get school materials ready to help kids get excited about going back Allow your child to pick them out online or in the store Freshen up older school supplies</p>	<p>Make a "homework toolbox" with all the supplies needed Create a homework area Make an afterschool schedule with snack, rest, and homework A consistent bedtime routine</p>

Masks	
Prepare students to wear them in case that is what is needed Get some new school masks along with other school supplies Let your child pick them out Practice wearing them for short times during the day	Model wearing masks for your kids Make sure they fit well and are comfortable for long periods of time Kids need to wear them over their nose
Notes	
Behavioral Expectations	
Review behavioral expectations for school Raise your hand to speak Ask if you need to go to the bathroom Follow directions and sit quietly	
Practice Following Behavioral Expectations	
<ul style="list-style-type: none"> ✓ Begin practicing them during different parts of the day ✓ Give praise and point out when your student is following rule ✓ Reverse roles and have parents follow the school rules ✓ Make it fun! 	
School Spirit	
Encourage students to wear their school spiritwear Talk about school and the fun things that your kids enjoy Remind them about things like what time you have to leave in the morning	
Visual Supports	
<ul style="list-style-type: none"> ✓ Make a calendar and begin checking off the days until school starts ✓ Create a list of reminders for your student ✓ Review throughout the week until school starts 	

The Unknowns

Changes and unknowns

Tell your student what you do know

Let them know that you do not know the answers to all the questions

Assure them that you will be there to support as we work through the school year

Show Compassion

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| <ul style="list-style-type: none">✓ Allow your child to feel and vent✓ Provide a compassionate response✓ Model appropriate responding✓ Validate and then direct to a more appropriate response✓ We are all dealing with a lot and might not be at our best | <ul style="list-style-type: none">✓ It is our job as parents and others who support students to provide support✓ Support with compassion✓ What do you need when you are facing a problem?✓ Sometimes kids just need understanding |
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Parent Preparation

What changes are needed once the school routine starts?

How can things be made easier?

What can I do ahead of time to prepare?

How can I support my student?

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