



Back-to-School Preparation Tips

The transition back to school after summer break is full of big changes and big feelings. But there are ways to prepare for the transition to optimize your family's experience. Consider the suggestions below.

- A few weeks before the first day of school, start making bedtime occur earlier.
- Start scaling back screen time and substitute activities like reading and writing.
- Visit libraries, museums and other places that engage the “learning brain.”
- Start eating breakfast and lunch at the expected school-day mealtimes.
- Review parent and student needs for homework and teacher correspondence through email, websites or special apps. Round up the right passwords and troubleshoot any problems now.
- If you don't know your child's bus stop and school location, find out and visit them.
- To ease back-to-school anxiety, consider having your child write a “social story” about it. [Learn how here](https://bit.ly/45fr1W5) (URL: <https://bit.ly/45fr1W5>).
- The week before school starts, talk with your child about how school can be enjoyable and why it will be good for them. Be sure to highlight the social aspects of new experiences and seeing friends.
- As parents and caregivers, be sure to review how this transition impacts your life.
 - Spend time charting out your new routine(s).
 - Shift your own curfews, mealtimes, self-care and work needs to allow for a smoother transition.
 - Prepare yourself for the attitudes, mood, and emotions that accompany the end of summer and the resulting grief that individuals often feel as summer break ends and families spend less time together.
- As a family, practice patience and be sure to remind each other that transitions often come with an adjustment period that can bring on a host of unpleasant feelings, such as anxiety and frustration.

For free resources to cope with the stressors and emotions of the summer-to-school year transition, visit Michigan.gov/StayWell.