



*Back to School Tips for Parents:

- Be upbeat. If your student is anxious about going to school, tell them you know they will do well. Children can absorb their parent's anxiety, so model confidence for your child.
 - Don't overreact. If the first few days are bumpy, try not to get anxious yourself. Young children especially may exhibit shyness or separation anxiety, but teachers are trained to help them adjust. Reassure your child that that you love him/her and will be waiting to see them at the end of the day.
 - Keep in mind that your influence runs deeper than you think. Most teens say they want to spend more time with their parents; teens choose friends that have their parents' core values. Keep making time for your child throughout the tween and teen years. Even when it doesn't show, you provide the solid ground they know they can always come home to.
 - If your child demonstrates problems that are extreme, schedule a time to meet with your child's teachers and the school social worker. They will provide you with ideas and suggest resources to help your child.
 - Any day is a good day to talk to your child. Talk to your child about not using drugs or alcohol. They will be less likely to use if they know you disapprove.
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