

## Hello Sunset Ridge Families!

Are you concerned that your child may have some worries about going back to school? Check out some of these tips to ensure your learner has a smooth beginning to their educational journey or successful transition back into another year of learning!

When kids express anxiety about going back to school — a new teacher, increases in homework, making a team, making friends — do listen seriously. Rather than dismissing these fears (“Nothing to be worried about! You’ll be fine!”) listening to them and acknowledging your child’s feelings will help them feel more secure. And if they want to, you can bolster their confidence by helping them strategize about how to handle things they’re concerned about.

If you anticipate that your child will be seriously nervous on the first day, it helps to give them a

If you think your child will be reluctant to separate, it's very helpful to have someone primed to meet and