

# Counseling Connections

Month of: *August*

Topic: *Back to School Tips*

**A Note from Ms. Brewster & Ms. VanSickle** The beginning of a new school year brings both excitement and challenges for both parents and children. Here are some quick tips to prioritize your child's wellbeing. ☺

## Establish Routines

Create a consistent daily routine that your student can expect each school day, morning and evening. Predictable routines can help kids feel more secure and reduce anxiety!

## Set Realistic Expectations

Celebrate your child's successes, no matter how small. Offer support and encouragement when they face challenges. Recognize that each child's abilities are unique, no two children are the same!

## Active Listening

When you see your child after school, be sure to stop what you're doing (put the phone down!) and listen attentively (make eye contact with them). This is a great way to show them that they are valued.

## Model

Children are ALWAYS watching. Be sure to model healthy responses to difficult emotions such as anger, anxiety and sadness. Remember our non-verbal communication often speaks louder than our words!

## Validation

Be sure to validate your child's feelings before offering your opinion or help. For example, using phrases such as "I understand how that must have made you feel..." or "It makes sense that this would make you feel angry..."

## Let's Chat!

As we begin this new school year, if you have any questions or concerns be sure to let us know! We are here to serve ALL students. You can reach us at 740-474-3877 or reach us by email at [Hannah.Brewster@loganelm.org](mailto:Hannah.Brewster@loganelm.org) (grades 3-5) and [Tahnee.Vansickle@loganelm.org](mailto:Tahnee.Vansickle@loganelm.org) (grade K-2). ☺