Engage teachers, therapists, and other parents.

Building an effective support system is key to helping both your child and you. Establish lasting relationships with school personnel and other parents to help you on those more difficult days. Therapy is also the most effective way of tackling issues head on.

Validating your child

Validate your child’s every move when getting them ready for school. Let them know you hear them and understand their frustrations. Continue building a relationship that helps them know you’ll be there for them.

Keep an eye out for patterns

The more information you can gather about what your child is going through, the easier it will be to help them. Keep a sharp eye out for any specific patterns you see in their behavior. You can even use regular periods of interviews with your child to help them identify any patterns and talk through them with their therapist.

Establish a routine over the summer

Structure plays a big part in how your child will succeed at school. During the summer when your child doesn’t have access to their regular routine, find ways to keep things consistent. Try creating a daily checklist of activities for your child.

Validate your child

A little validation goes a long way in getting your child back on track. Let them know you hear them and understand their frustrations or fears. Help build a sense of confidence and trust by having meaningful conversations about how they’re feeling. Try to understand why your child might be anxious about school and find the root cause of the issue.

Need more help?

Resources at The Baker Center are just a click away.

Featured Resources

Spotlight On: The “New Normal” and Life Beyond COVID-19

COVID-19 continues to play a challenging role in our daily lives. The new report is aimed to support both children and parents as they navigate the “new normal” of life alongside COVID.

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Parent Talk

Back-to-School Tips & Tricks

If you’re a parent of a child with a mental health concern, you’re no stranger to the concept of back-to-school worries. Many kids have difficulty coming back to the structure of school after a long summer away. Without a day-to-day routine, it can be tough to transition to school. Luckily, we’ve collected some tips and tricks from our expert staff members to help you and your child navigate the new school year.