

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 jump back in. Luckily, we've collected some tips and tricks from our expert staff members to help you and your child navigate the new school year.

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.

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.

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. When they refuse to do homework, is it just one specific subject? What things seem to set off their behavioral issues? Start making a list to share with a 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.

Need more help?

Resources at The Baker Center are just a click away.

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

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Featured Resources



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

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

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School Refusal: Reasons and Red Flags That Every Parent Should Know

Not wanting to go to school may seem like typical behavior for a young child, and it can be! However, when a child starts to develop a consistent pattern of school refusal alongside other behaviors, it may be time to take a closer look at what's going on.

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Homework Issues: Six Warning Signs That Homework Battles Are More Than Just A Passing Struggle

Just like not wanting to go to school, refusing to do homework may appear normal but can be a warning sign of a deeper issue. This guide provides helpful tips for identifying potential red flags.

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