









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.



Engage teachers, therapists,

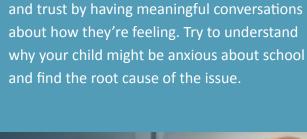
Building an effective support system is key to helping both your child and you. Establish lasting relationships with school personnel and other parents to help you on those more difficult days. Therapy is also the most effective

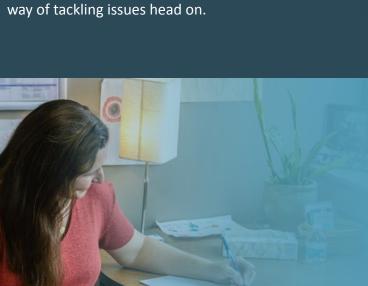
and other parents

A little validation goes a long way in getting

Validate your child

your child back on track. Let them know you hear them and understand their frustrations or fears. Help build a sense of confidence and find the root cause of the issue.





The more information you can gather about

Keep an eye out for patterns

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



your child doesn't have access to their regular routine, find ways to keep things consistent.

the summer

Try creating a daily checklist of activities for your child.

Structure plays a big part in how your child will succeed at school. During the summer when

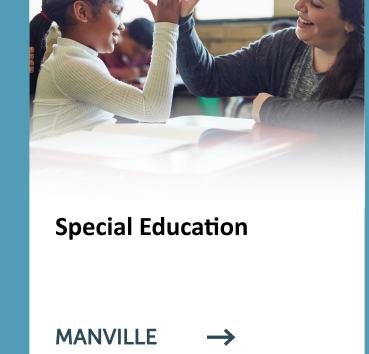


Need more help?

Resources at The Baker Center are just a click away.



EFFECTIVE THERAPY







Featured Resources



alongside COVID.

Spotlight On: The "New Normal"

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

and Life Beyond COVID-19

READ MORE 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.



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

READ MORE

red flags.



