

## Back to School Anxiety

### Introduction

- The transition into a new school year can be a time of excitement and stress. Children and adults can become anxious, irritable or depressed by this major change.
- Your children may be silent about their back-to-school fears, but that doesn't mean they're anxiety-free. They also may experience stomach aches, difficulty sleeping, and outright defiance to attend.
- Your teen is most worried about belonging or having the ability to achieve.
- The transition from summer to school can be stressful as the thought of experiencing changes such as a new school, new classmates, new teachers, new classes, new schedule, etc.

### Children 5-12

- Be honest about your own anxieties as a parent; as this will impact your child's anxiety.
- Talk to your child about it- focus on the excitement of returning
- Provide them some sense of control to include choosing their lunch or how to get to school.
- Begin a routine prior to school starting

### Teens

- Keep communication open and avoid judgment; as wanting to be heard is critical for teens
- Be aware of patterns that can develop as a result of anxiety to include sluffing, dropping grade, an increase in relationship conflicts.

### The Night Before

- Be prepared with all the materials need the night before to avoiding chaos the morning school begins
- Make sure you get enough sleep and eat a healthy breakfast
- Appearance and Attitude

## Summary

- Having anxiety before school begins is normal
- As a parent try not to fix the problem, but rather support and coach your child
- If the symptoms of anxiety persist to the point where they negatively impact their ability to function in school or maintain healthy relationships, consider seeking professional help.