

TIPS FOR COPING WITH BACK TO SCHOOL ANXIETY

The first day of school is the most exciting day of a child's and an adolescent's life as well as the parents. Many emotions surface while arriving to the first day of school and a major one is anxiety. The Anxiety and Depression Association of America (ADAA) reported that anxiety affects 1 in 8 children. Anxiety is a normal part of childhood that every child goes through. These phases are usually temporary and harmless. Here are some tips to prepare for the first day of school.



Helpful Tips Parents

- Set a school routine early.
- Minimize your own anxiety.
- Discuss and read a book about school.
- Encourage independence.
- Prepare child's favorite breakfast.
- Organize a visit with the school before it begins, to explore.
- Attend school orientation.
- Do not stay too long.

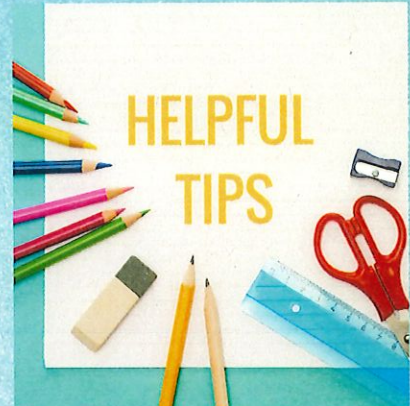


WHAT ARE THE SIGNS FOR ANXIETY:

- Changes in eating habits
- Sleep disturbance
- Clingy behavior
- Meltdowns & tantrums
- Nail biting & Skin picking
- Hair twirling
- Headaches or stomach pains
- Avoiding daily activities
- Increased irritability
- Increased crying
- Social isolation

Things that Cause Anxiety:

- Who will be my new teacher?
- Are my clothes okay?
- Who will I sit with at lunch?
- What if I miss the bus?
- I can't remember what I learned last year!
- What if it's too hard for me?
- What if something bad happens?



Teachers

- Get kids breathing deep.
- Go outside
- Get kids moving
- Share a story
- Be understanding
- Play soothing music
- Get kids moving (walk/talk)
- Post daily routine
- Make special accommodations

