

Six Tips to Support Your Child's Mental Wellness and Prepare for the Start of the School Year

Heading back to school is always a time of transition. Here are six tips to support your child's mental wellness and help them prepare for the start of the school year.

1



Shine a spotlight on what is within your child's.

As your child gets ready for back-to-school, they may be feeling anxious or uncertain. This can leave a child feeling helpless and discouraged.

A helpful way to deal with this is to help your child to identify areas where they have some control.

2

Recognize the comforting rhythm of routine.

Children find routines reassuring. They provide a comforting and predictable rhythm to daily living.



3

Help your child to learn about and understand any new rules.

Information is power. The more your child understands about the policies and procedures that will be in place in the classroom, or what to expect during the upcoming year, the more confident they will feel about heading back to school.



Back to
School
Mental Health Kit

4

Encourage your child to ask lots of questions.

Children love to ask questions. In some cases, you may feel unsure about how to answer these questions—or there simply might not even be answers to your child’s questions.

Do your best to give your child an idea of what to expect, and remind them that you are there to support them.



5



Help your child to identify a safe person at school.

Every child needs a “safe person” at school—ideally it is someone they can trust, who knows them; someone they can turn to for help in solving a problem or dealing with a difficult situation. Speak to them about sharing with the teacher when they need a break, are feeling frustrated or overwhelmed, or if they are unsure of what is expected of them. These are essential life skills so this is a great moment to encourage them.

6

Call on friends, peers, and classmates to help your child transition.

Interacting with friends, peers, and classmates at school can help children learn social skills. Encourage your child to reconnect with a few others from their school before school begins. If your child struggles with social interactions and/or peers check out our tips for encouraging and supporting friendships during the school year.



Read more!

Check out CMHO’s **Back to School Mental Health Kit** for more information and resources. [CMHO.org/Back-to-School](https://cmho.org/back-to-school)

Find Help

Children’s Mental Health Ontario has 4,000 child and youth mental healthcare workers across Ontario ready to help parents and their children. Depending on your needs, we can connect you to child mental health professionals that will most help you and your family, including psychiatrists, therapists, and psychologists.