


Back to School

Mental Health Checklist

☐ **Get back into a routine.**

About 2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.

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"What book do you want to read before bed?"

☐ **Talk to your child**

Find a relaxed time when you can give your full attention, such as after dinner, or at some other quiet time.

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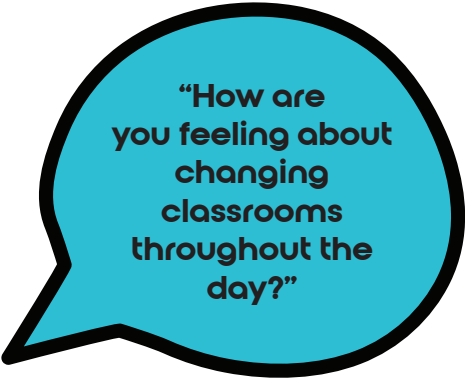


"What are you excited about this school year?"

☐ **Review your child's expected schedule and new routine for school.**

Prepare for changes this school year. For example, visit a new bus stop location or new building.

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"How are you feeling about changing classrooms throughout the day?"

☐ **Get organized.**

Have a designated place for school materials and a study area. Include a print out of the school calendar with due dates and events.

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“Where can you focus to get work done outside of school?”

☐ **Talk about expectations — yours and your child’s.**

Help your child set goals for the school year and take time to check in about their feelings for the upcoming year. Don’t forget to also talk about your rules and expectations.

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“What do you want to get better at this year?”

☐ **Connect with the school.**

Meet their teachers and school staff. Mark school events on your personal calendar so you can plan to attend. Encourage your child to join extracurriculars.

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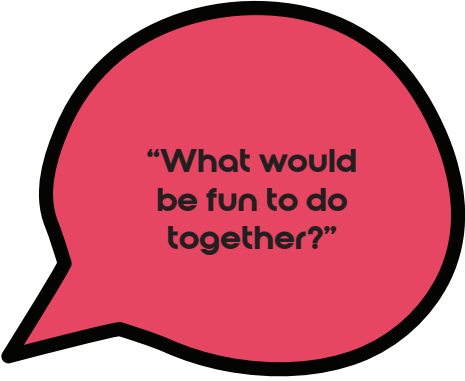


“What are some school activities you want to participate in this year?”

☐ **Have a last hurrah.**

Have an at-home movie night, take a family bike ride or visit a local attraction like a park, museum or zoo.

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“What would be fun to do together?”