

EMPLOYEE ASSISTANCE PROGRAM

PREPARING FOR BACK TO SCHOOL

With summer winding down and the pandemic still unfolding, the usual mixed feelings about returning to school and the continuing uncertainty mean that parents and children may face new emotional challenges as they prepare for the new school year. Anxiety about returning to school is normal, and EAP provides free resources to help you get the school year off to a great start.

How to get started

Set up a new routine. If you are coming back from a fun-filled summer, children's sleep cycles may be off track, which can make returning to school even more difficult. Set them up with a schedule at least a few weeks in advance to build a comfortable morning routine, get their sleeping habits back on track, and help them feel confident when school actually starts.

Get children excited for school. Remind them of the fun parts of school such as choosing school supplies and seeing friends. Ask them what they are looking forward to and what they are nervous about. You may need help in reframing some of their thoughts to be successful.

Check in on their emotions. Talk to your children and give them the space to express their feelings. Be honest and encouraging and set a positive tone for the future. Continue to check in with your child throughout the school year and discuss any concerns with your child's teachers.

Familiarize yourself with any new school rules. Make sure to go over school expectations before school starts and help your child understand the need to be flexible as schools work out which protocols work best for your community.

EAP is here to provide you with compassionate and caring support.

Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.

How EAP can help

Discount Center—In the Back2School section, there are discounts on school supplies, electronics, books, clothes, and more.

Counseling—If you or your child are feeling anxious, you can meet with a counselor in-person, by text message, live chat, phone, or video conference. Counselors can help with issues such as stress, anxiety, parenting, difficulty sleeping, managing conflict, and more.

Financial wellness—Meet with a Money Coach to discuss your budget and options for child care, saving for college, and other financial goals.

Work-Life Services—Find child care providers in your area as well as articles, guides, and webinars on topics such as getting organized, talking about bullying, helping children succeed, and more.



Sources:

azpbs.org/2021/07/coping-back-to-school-anxiety-after-pandemic, www.brighthorizons.com/family-resources/back-to-school-2021