

## EMPLOYEE ASSISTANCE PROGRAM

# PREPARING FOR BACK TO SCHOOL

With summer winding down and the pandemic still unfolding, you and your children may face new emotional challenges as you prepare for the school year. Consider these tips to get the school year off to a great start.

- Set up a new routine in advance.
- Get your children excited for school by reminding them of the fun parts such as choosing new supplies, seeing old friends, and making new friends.
- Review any new school rules with your children before school starts.
- Check in on their emotions by asking them how they are feeling.
- Check out the member website for back to school discounts, articles, and resources such as counseling, financial support, childcare options, and more.

**EAP is here to provide you with compassionate and caring support.  
Go online to [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call 1-866-327-4762 to get started.**

