

EMPLOYEE ASSISTANCE PROGRAM

GET IN GEAR FOR THE SCHOOL YEAR

As summer break comes to an end, the transition back to school is just around the corner. These tips and services will help you prepare your kids for success in the new school year.

5 helpful tips

Ease the transition. Starting a new school or moving from one grade to the next means an adjustment for kids. Create a smooth transition by visiting the school with younger kids before classes start and attending the school orientation. Remember to keep the lines of communication open and listen to your child so they feel comfortable with the new situation as it evolves.

Adjust your schedule. Ease back into a routine by making the week before school starts a test-run week. Plan for the whole family to adopt more regular mealtimes, bedtimes, etc.

Document your summer. Organize photos and mementos of summer adventures. Have everyone help and display your project. Seeing summer fun all in one place is a concrete way of knowing that it's time for the next phase.

Organize your home. Have the kids help you by putting away summer toys, setting up school clothes and making room for lunch boxes, jackets, and a study space.

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. If your child seems very nervous and/or is refusing to go to school, ask them what is causing the anxiety. When school starts, ask your child about their daily experiences using open-ended questions such as "What did you enjoy most about school today?"

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.

Services and resources

Work-Life Services—Find information on test preparation, tutoring, resources for homeschooling and virtual schooling, guides, and webinars on topics such as getting organized, bullying, special needs, helping children succeed, and more.

Discount Center—Get discounts on school supplies, electronics, books, and clothes, as well as grocery coupons and meal kits for quick, healthy dinners, and snack options.

Digital Emotional Well-being Program—Available to individuals 18+ years, access to breathing exercises, meditation, yoga, or journaling to help you and your child cope with emotions, build resilience, develop better sleep patterns, and more.

Financial Well-being—Meet with a Money Coach to discuss your budget and options for child care, extracurricular activities, saving for college, and other financial goals.

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.

