

Tips to Help Your Student Return to School After Break

Going back to school after a long break can be hard. Make the change as easy as possible with the tips below. If all goes well during the first few weeks back at school, consider a small celebration that your child can look forward to, such as a movie night or trip to the library.

1. Make Sure Children Know When School Starts

There is usually a countdown to the start of winter and spring break, but the end of break can happen quickly. Make a calendar to help remind younger children when they go back, and have older children enter it on their own calendars.

2. Return to Your School Sleep Schedule

Getting enough sleep at night helps students focus, learn, and behave. Return to a normal sleep schedule a few days before school starts to help your child be better prepared to learn.

3. Talk About It

Talk to your child about what they're looking forward to when they go back to school and any worries they may have about returning. This can help relieve anxieties and remind them of what they like about going to school.

4. Remember Homework

Children often forget about homework that is due after break, causing extra stress when it is time to go back. Remind them about their assignments so they don't feel rushed and harried right before school starts again.

5. It's OK to Need More Support

Despite your best efforts, your child may still have mixed feelings when returning to school after a break, and that is perfectly normal. Encourage your child to express how they feel, and contact the support network at the school if they're struggling.