

As a new school year approaches, your child may be full of excitement and curiosity. They may also feel intense stress and anxiety. First-day jitters are normal, and you can help your child manage them.

Here are six tips for dealing with back-to-school anxiety:

1. Talk about feelings.

- Children may not always find it easy to share their feelings, especially if they are feeling anxious. As the school year approaches, give your child plenty of opportunities to tell you how they feel. Try saying things like, “You seem a little grumpy lately, and that is not like you. Are you thinking about school?” Try to keep conversations casual and light. Let them know it is normal to feel anxious.

2. Go over the class list.

- Knowing who will be in their class can help children feel ready. Not all schools give out class lists, but you may be able to ask for one. Then you can talk about students they know and how to deal with students they may have had challenges with in the past.

3. Review what their school day will look like.

- A lot of anxiety about the new school year may be from your child’s schedule changing. Going over their new daily routine can help. Talk about what their morning will look like. Will they get up earlier? Do they know where you will take them to get the bus?

4. Practice first-day conversations.

- Rehearse the types of conversations they may have on the first day. Practice how to say hi to new and familiar faces. Remind them it is okay if social situations make them nervous. Anyone can feel shy in new places.

5. Talk about the teacher.

- Many children worry that their new teacher will be mean or not like them. They might feel sad that they do not have an old teacher they grew to love. Reassure your child that their new teacher is there to support them. Tell them you and the teacher will work together to help them.

6. Talk about school support.

- If your child has an IEP, a 504 plan, or informal classroom supports, explain how these plans work. Let them know if they are allowed to have more time on assignments or use a quiet room. If your child has a go-to person like a counselor, try to have them meet that person ahead of time.

Remind your child that they are not alone. A new school year can be scary. But it also gives them the opportunity to learn new things and have lots of fun.

Excerpt from: [8 ways to make school morning routines easier \(understood.org\)](#)
[Understanding trouble with social skills \(understood.org\)](#)
[How to get your child help in school without an evaluation \(understood.org\)](#)