



▶▶ Back-to-School Mental Health Tips

Returning to school after summer break can bring up feelings of excitement, overwhelm, and stress. Whether you are the parent/caregiver of a young child or a teen, here are some back-to-school mental health tips for the whole family.

1. **Give yourself and your child/teen time to adjust to the back-to-school schedule.** This can be done by practicing schedule and routine changes ahead of time. Beginning an earlier bedtime routine a few days to a week prior can create a consistent routine to prepare for the new school year.
2. **Establish a well-being practice.** Here are a few examples: reflecting on something you are grateful for each morning, listening to an uplifting song before school, taking a few deep breaths throughout the day, incorporating healthy foods/snacks each day.
3. **Talk about feelings/emotions and change.** It is normal to feel nervous or overwhelmed about a new school, grade, teacher, experience, etc. Provide space to discuss feelings and emotions and normalize asking for help.

Resource Sites

- [LA County DMH School Based Community Access Point](#)
- [California Health and Human Services Back-to-School Mental Health Resources](#)
- [PBS Kids for Parents Back-to-School Resources](#)

Helpful Reads

- [10 Back-to-School Tips for Kids and Parents](#)
- [Back-to-School Tips](#)
- [Your Feelings are Safe with Me \(Young Children\)](#)
- [Your Feelings are Safe with Me \(Teens\)](#)

