



MBES

Counselor's Corner

Welcome Back to School!

Starting back to school can bring about many emotions in your children. They can feel excited, nervous, apprehensive, and maybe even a little scared. Here is a list of suggestions to help your child if he/she is feeling anxious about starting school.

- ❖ Respect and validate your child's feelings. They need to know you understand and care how they are feeling.
- ❖ Teach your child slow, deep belly breathing. This is a skill they can take with them to help calm themselves down.
- ❖ Ask your child to tell you what they are thinking. This will reveal any scary scenarios or thoughts they have built up in their heads.
- ❖ Help your child learn to challenge their anxious thinking by asking, "How likely is _____ to happen?"
- ❖ Next, prompt them to brainstorm solutions by asking, "Tell me some things you can do to handle this situation." or "How have you handled a similar situation in the past?"
- ❖ Encourage and praise their brave attempts!



MBES

Counselor's Corner

- ❖ Recognize when you are feeling anxious and state aloud how you are calming yourself and handling the situation. Be mindful when doing this and don't overshare your anxiety. 😊

Remember, I am always here to help. Please don't hesitate to contact me.

bradleya@fultonschools.org

770-623-2980

August 2013