

BACK TO

SCHOOL



VALENTIN & BLACKSTOCK
PSYCHOLOGY

BACK TO

SCHOOL

The 1st Month of School

- Inform child's teacher of any behavioural problems/unique needs through a brief letter
- Make note of teacher's contact information and communication preferences
- Ask your child open ended questions about their experience
- Share enthusiasm about the subject matter they will be exploring during the year
- Remind your child of your confidence in them to develop new skills

Anxiety & Self-Esteem

- Remind your child that school means making new friends and learning new things
- Encourage your child to view her teacher in a positive way
- Teach your child about his or her own unique learning needs
- Remind your child that you are always a safe place to turn
- Prepare your child with some problem-solving strategies to use
- Show your child that you have a calm and collected attitude toward the back to school transition

Yearlong Success

- Avoid comparing your child to others
- A psychologist can act as a resource for answering questions
- Access these resources early
- Having your child tested can help them understand their strengths and weaknesses, and help you understand how best to facilitate your child's learning experience



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