

HOW TO

Support Your Child's Social-Emotional Health

How can you support your child during the transition back to school and during the school year? Here are some ideas.

Check in with your child. You can ask:

- How do you feel about going back to school?
- Is anything worrying you?
- What was a fun or hard part of today?
- Is anyone teasing or bullying you?
- Do you have any questions for me?

Create a new routine together.

Talk about how to stay healthy through:

- Exercise and sleep.
- Good nutrition and hydration.
- Managing screen time.

If your child is anxious about safety or returning to remote learning:

- Listen to their concerns.
- Share safety steps they can take.
- Answer their questions honestly.
- Confirm that there is still uncertainty.
- Share the information you do have.

If you need more support, find out how to:

- Contact school counselors or psychologists.
- Find resources to address stress, anxiety, trauma, or abuse.
- Connect with other families.

Pay attention to your child's:

- Moods and feelings.
- Behaviors.
- Attitudes about school.

If you see changes or have questions, talk with your child's teacher or doctor.

Encourage your child by:

- Staying calm and supportive.
- Helping your child name their emotions.
- Focusing on positive things.
- Sharing why your child is special and why you are proud of your child.
- Drawing and writing together.

If your child is anxious about separation:

- Listen to their concerns.
- Practice short times apart.
- Create a good-bye routine.
- Send them a special note or photo in their backpack.
- Assure them you will miss them too.

When you talk to your child's teacher, share your child's:

- Strengths and challenges.
- Ways of dealing with stress.
- Questions and concerns.
- Interests and talents.

You have a **legal right** to information in your home language from your school. Tell the school the best way to contact you and if your contact information changes.

See more multilingual resources: ColorinColorado.org/family-support



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