



Summer is ending and kids are soon headed back to school.

This can be an exciting time, but keep in mind that emotions – both big and small – can come with change. That’s why it’s important to take a few moments to talk with your child as their first day of school approaches. You play an important role in getting kids prepared for the new school year.

First day of school success strategies



Stay healthy. Encourage healthy sleep and eating habits for your children to increase focus and improve mood. Also, check now make sure their vaccine records and sports physicals are up to date!



Practice. Children may feel more prepared when they walk to a new bus stop a few days before school starts, meet the teacher or discuss how to make new friends. It’s also helpful to practice school year bedtime and wake-up routines 1 to 2 weeks before the first day.



Breathe. It may seem simple, but taking a few deep belly breaths (in through the nose and out through the mouth, filling up the belly like a balloon) can help everyone feel calmer. It’s also a good strategy for children to remember if they feel stressed or overwhelmed while at school.

Create a special memory

Name: _____

First day of... _____ !

I am... _____ years old

Today I'm feeling: _____

What I'm looking forward to most this school year: _____

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Do you have any first day of school traditions? Consider making a keepsake each year. This could be a photo or even a written note in a journal to record some of your child's feelings from that day. It can be fun for everyone to look back and see how they've changed over the years. Kids grow so fast!

[Click here](#) to download the first day of school sign (also available in [Spanish](#)). Fill this out together and take a photo of your child holding it before they leave on the first day. Use it to start conversations about going back to school and share it on social media!

Use [#OnOurSleevesJax](#) and [#OnOurSleeves](#) – we might feature yours!

Keep the conversation going

Talking with your kids often about how they're feeling can improve their mental health, ease them back into the school year and help them get ready for learning. Not sure where to start? [You can find back-to-school conversation starters here.](#)

Don't forget to share how you're using *On Our Sleeves* resources! Hit the **reply button** to tell us your *On Our Sleeves* story.

Sincerely,

Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. **For more information, visit [OnOurSleeves.org](https://onoursleeves.org).**

To access educational resources and revisit the mission of *On Our Sleeves*[®], visit wolfsonchildrens.com/onoursleeves.

Wolfson Children's *On Our Sleeves* is made possible by Robert and Margaret Hill.



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