

YOUR EMPLOYEE ASSISTANCE PROGRAM

Back-to-School Quick Tips



Give your child the tools & support to succeed in school.

- Returning to school is a major transition in a child's life. Acknowledge your child's feelings by letting them know that their feelings are valid and encourage them to regularly open up to you about how they are feeling.
- Review problem solving scenarios with your child and remind them of all the various types of supports they can utilize when they are struggling.
- Children tend to do well with consistency. Prepare for the transition by discussing beforehand what the daily routine will be like most of the time. Discuss with them how to prepare for disruptions to their daily routine.
- Visit the school/classroom(s) with your child and demonstrate a positive, enthusiastic attitude.
- Foster a sense of belonging by seeing what extra-curriculars your child might be interested in and help them get involved.
- A stressful environment disrupts the learning process. Think about ways to create a more calming atmosphere at home, i.e. creating a comfortable, sensory safe space to rest or do homework or setting aside a quiet time to read a book with your child each night.



Remember a little goes a long way. Your Employee Assistance Program is always a support for you as well, as you navigate the ever changing landscape of parenting.

Your EAP is a free, confidential program to help you balance your work, family, and personal life.

Lighthouse EAP Scheduling & Crisis Support:

419-475-5338 or 800-422-5338