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## WHAT CAN YOU DO?

- ⇒ Set a regular **bed time** and morning routine
- ⇒ Lay out **clothes** and pack **backpacks** the night before.
- ⇒ Find out what day school starts and make sure children have the **required shots**.
- ⇒ **Introduce** your children to their teachers and classmates before school starts
- ⇒ Don't let children stay home unless they are **truly sick**. Keep in mind complaints of stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- ⇒ If your children seem anxious about going to school, talk to teachers, school counselors or even other parents to figure out how to make them feel comfortable and excited about school.
- ⇒ Develop **back-up plans** for getting to school if something comes up. Call on another family member, neighbor or parent.
- ⇒ Don't plan **medical or dental** appointments during the school day.
- ⇒ **Avoid extended trips** when school is in session.
- ⇒ **Reach out for help** if you have problems with transportation, housing, jobs or your health. School officials, afterschool providers and community agencies can help.