

# Back to School -

# Emotional Preparation



**Educating  
Matters**

# 1. ASK

your child to tell you  
3 things they are  
feeling about going  
back to school.

## 2. ACKNOWLEDGE

the feelings, without dismissing, denying or trying to make them feel better.

# 3. EMPOWER

them to feel resourceful and self-reliant. Let them know these feelings are normal.



# 4. PROBLEM SOLVE

"What can you do if you feel like that at school?"

"Who can help?"

# FREE STUFF



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