



Back-to-School Tips for Parents

The beginning of a new school year is an exciting transition, but it can also bring stress as families adjust from relaxed summer routines to busy school schedules. Preparing ahead can make those first few weeks much easier. Organize important school documents, create a shared family calendar with key dates and establish simple morning and evening checklists. Taking care of tasks like scheduling vaccinations, confirming transportation or after-school care and gathering school supplies before the first day helps reduce last-minute stress and creates a more confident start for everyone.

Create Routines That Build Confidence

Consistent routines help children feel secure and ready to learn. Begin adjusting bedtime and wake-up schedules about a week before school starts to ease the transition. Set up a quiet, distraction-free space for homework and establish a regular time to complete assignments. If your child is attending a new school, visit the campus, attend orientation or practice the route together. Familiarity with new surroundings and predictable daily routines can reduce anxiety while helping children feel more confident and prepared.

Stay Connected Throughout the Year

A successful school year is built on communication and support. Encourage healthy habits by starting each day with a nutritious breakfast and packing balanced lunches. Introduce yourself to your child's teacher early and maintain open communication throughout the year. Help your child develop time management skills by breaking larger assignments into smaller steps and using tools like checklists or timers. Most importantly, make time to talk about their day, celebrate successes and listen to any concerns. With thoughtful planning, consistent routines and ongoing encouragement, the back-to-school season can become an opportunity for your family to grow stronger, more organized and better connected.

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.