

Back to School Tips for Parents

Transitions can be hard for children and parents, and going back to school is a big one. At Grace Counseling, we want to partner with parents to support you and your children.

Here is a brief guide to help facilitate good conversations related to going back to school.

Be Attuned: Pay Attention to Their Demeanor and Respond Accordingly.

- Ask your child what they want/need and see what they say.
- Try saying, “I would love to hear about your day! Do you want to talk about it now or after a snack when we get home?”

Find a Time to Reconnect by Engaging in Conversation.

- Good conversation included reflection—repeat, clarify, or rephrase what they say.
- Find connection points through empathy by putting yourself in their shoes.

Celebrate That They Made it Through the First Day of a New School Year.

- Ask them what makes them feel loved, and look for an opportunity to show them.
- This could mean a special meal, a small gift or outing, or time together as a family.

NEED IDEAS FOR CONVERSATION STARTERS?

“Can you share something kind that someone did?”

“What is something that made you laugh today?”

“What makes someone a good friend?”

“How else could you have responded in that situation?”

“What are you thankful for today?”

“What subject is easiest for you?”

“What subject is hardest for you?”

“What was something good that happened today?”

“What was something hard that happened today?”

“What is something you want to remember about today?”

“What is something you are proud of?”

“What is something you wish you were better at?”

“What is something you like about your teacher?”

“What is something you wish had gone differently today?”

“What is something you are looking forward to about tomorrow?”