# Setting Your Child Up for a Stress-Free School Year

**VMAP**

## Create Consistent Routines For...

- Mornings
- Evenings
- Mealtimes
- Bathtime*
- After School
- Bedtime
- Homework
- Weekends

*or self-care/shower time for older children & teens!*

## Prepare In Advance!

**Attend School Orientations**
Giving your child a chance to meet their teachers, see their classrooms, and meet students can help them feel more confident!

**Practice Routines Before School Starts**
School is already a big change! Start putting routines into practice a few weeks early so your child can get used to them.
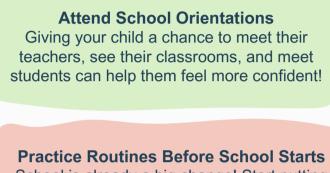
## Leave Space for Communication

If you ask your child about their day at school and they don't want to talk about it, **it's okay!**

Let them know you're there when they need you, and **find other ways** to connect with them.

## Make Time for Mental Health Days

If you notice your child seems to be feeling sadder, angrier, or more distant than normal, **it may be time for a mental health day!**

Taking one day off together every once and a while is a great way to **connect with your child** and **boost their mood.**

**If you or your child need additional support, check out these resources!**

**Mental Health Support Search**
samhsa.org/find-support

**Parenting Toolkit**
childmind.org/guides

**Kid, Teen, & Young Adult Mental Health Help**
nami.org/your-journey/kids-teens-and-young-adults

**Back-to-School Mental Health Resources**
thementalhealthcoalition.org/back-to-school-mental-health-roadmap