

Is elementary school off to a good start?

The first few days and weeks of elementary school are a lot. Kids at every age and stage are just trying to hold themselves together in the best way they know how.

Trying to find a balance between schoolwork, social time, and rest can be a struggle. Some kids have the additional pressure that comes with difficulty focusing, making friends, or learning.

You know your child so well. But how do you know if they're having a hard time in the classroom, the lunchroom, or on the playground? **Here are three ways you can check in, decode behaviors, and support your child as the year progresses.**



✓ **Make their teacher your partner**

Your child's teacher is your eyes and ears while your child is in school. Checking in with them isn't a burden — the more aligned you are, the more supported your child will feel both at home and in class. Send check-in emails or schedule occasional in-person time to chat (bring coffee!).

✓ **Keep structure in place**

Sometimes, in an effort to grow independence, too much freedom can lead to an emotional or academic spinout. Try to keep things like schedules, meals, and bedtimes steady. That way, they know what to expect (and rely on), which balances all the changes they don't have control over.

✓ **Stay involved with their social life**

Along with making new friends, kids at this age and stage might also get their first taste of bullying and being left out (or left behind by old peers). Stay in tune with their social and text feed (if they have access), watch moods, and ask casual, curious questions about who and what they're into.

Brightline's expert therapists and psychologists help kids up to age 18 with things like anxiety, depression, ADHD, OCD, and disruptive behaviors. Families benefit from flexible in-person or virtual sessions, evidence-based approaches, and results. With the right support in place, things start to get better.