



G

P

-K

K

C



M

Talk openly about feelings. Encourage your child to name and express how they are feeling regularly, so that it becomes normal and familiar. You can use characters in books or charts with feeling faces to help your child start to identify and express feelings.

Actively listen and validate their feelings. If your child feels they have your full attention, they are more likely to open up to you. Put away any distractions and let them know it's OK and

Focus on the positive. Help your child feel a little excitement about starting school by creating a new back-to-school tradition or going to pick out supplies together.

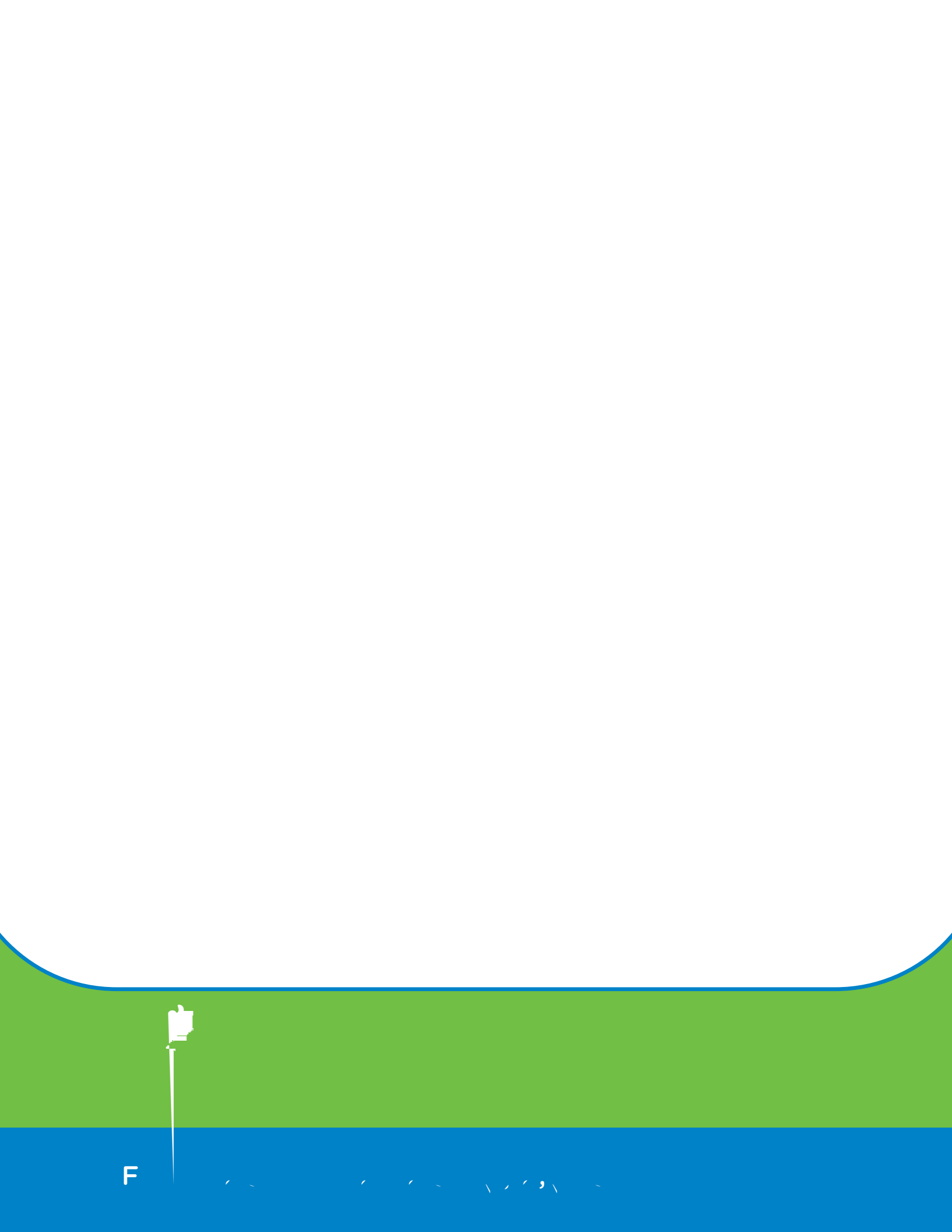
Help your child manage their feelings, not avoid them. Coping skills help us manage our feelings and handle stress. Whether it's taking deep breaths, drawing, listening to music, or talking to someone, help your child practice lots of ways they can manage their feelings. Help your child feel more

P

independent, confident and prepared by:

- Attending the "meet the teacher night" or visiting the
- Driving the bus route or

A



F