



Back-to-School Tips for Parents: A Smooth Start for the Whole Family

The start of a new school year brings big changes for kids and parents. Whether your child is eager, anxious or both, shifting from summer routines to school schedules can feel overwhelming. As a parent, you're managing your own adjustment while helping set the stage for your child's success.

Plan Ahead and Stay Organized

Start by organizing school documents—permission slips, calendars, supply lists and emergency contacts—in one place. Use a shared family calendar to track key dates, and post it somewhere visible. Add a simple evening/morning checklist for you and your child. Don't forget practical tasks like scheduling vaccinations and confirming after-school care. The more you prep in advance, the smoother those early mornings will be.

Set Routines That Support Success

The first week of school isn't the time to wing it—establishing a routine is key. Shift sleep schedules at least a week early to ease the transition. Set up a quiet, distraction-free homework space, and define when it will be used. Practice the school route and review safety rules. If your child is starting at a new school, visit the campus or attend orientation. Familiar routines and familiarity with surroundings help ease anxiety and build confidence.

Stay Involved and Keep Communicating

Help your child start each day with a healthy breakfast and a packed lunch that fuels learning. Introduce yourself to their teacher early on and keep in touch throughout the year. Support your child's time management by helping break assignments into manageable chunks and encouraging tools like checklists or timers. Most importantly, talk with your child regularly—ask about their day, how they feel and if anything is worrying them. Open conversations help you catch challenges early, whether they're academic or social, and give your child the reassurance that you're in their corner.

The back-to-school season is a fresh start for the whole family. With a little thoughtful planning, structure, and presence, you can turn what might feel stressful into an opportunity to grow closer and more organized. Every small, intentional effort adds up to a more confident, connected start to the school year. Remember: your support, encouragement and involvement are some of the most valuable school supplies your child can carry.

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