EASING BACK-TO-SCHOOL ANXIETY

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When it comes to the first day of school, kids — and parents — may be excited and a bit nervous. Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten.

This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, have trouble sleeping, complain of headaches or stomach pains, withdraw and become sullen or irritable.

Here are some tips for helping ease the stress of a new school year and starting on a positive note:

- Re-assure your child
- Point out the positives
- Prepare ahead and start a routine
- Encourage safe traveling to and from school
- Plan for special needs
- Make your child feel comfortable
- Prepare for emergency situations

Read more at www.capta.org/tips-for-parents.

LOCAL PTA LEADER KIT FROM NATIONAL PTA

It’s the most wonderful time of year for PTA! The beginning of the school year is an unofficial holiday season and teachers, parents and students are filled with anticipation and excitement for the school year ahead.

Let's celebrate National PTA's Back-to-School Week! This year, the week has been designated as September 16-20. Each day of the week, National PTA will be sharing resources, guides and tips for PTA leaders, parents, students and teachers, which are housed on their website at www.PTA.org/BacktoSchool.

Mark your calendars for PTA Back-to-School Week, visit www.PTA.org/BacktoSchool to access the resources and share them with your PTA community and use and follow #PTABackToSchool. We want you to celebrate with us!
TAKE ACTION

Regional Leadership Conferences

Join PTA Today!

Strengthening Family Engagement

Join Us on Social Media

Don't miss the training opportunities for PTA leaders in Rialto this weekend!
LEARN MORE

Did you know that PTA members get special benefits just for being members?
JOIN TODAY

Family engagement = student success. Learn more about the standards for family-school partnerships.
READ MORE

Did you know that California State PTA is on social media?
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This email is being sent to all PTA members and leaders, as well as all California principals and superintendents.

This message was sent to astidham@capta.org by californiastatepta@capta.org
2327 L Street, Sacramento, CA, 95818

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