TIPS TO CALM START-OF-SCHOOL JITTERS

The back-to-school season is an exciting time, but it can also be an anxious time for some children - and parents, too! Preparing in advance can help your child feel more confident and have a more positive school experience.

Re-assure your child

Point out the positives

Prepare ahead

Encourage safe traveling to and from school

Plan for special needs

Prepare for emergency situations

For more back-to-school tips for parents and information on the importance of family engagement, visit www.capta.org