

# Looking forward to school

## An easy 5-step guide to help your child feel ready, calm, and confident

Back-to-school doesn't have to be stressful. Let's flip the script: instead of rushing back, let's look forward together.



### 1 Get confident before day one

Build confidence with small steps like visiting the school, meeting teachers, or packing backpacks.

### 2 Reset the rhythm

Establish earlier bedtimes, screen-free mornings, and wind-down routines at night.

### 3 Map it out together

Talk through your daily routine together, what to expect at school, and ways to make new friends.



### 4 Carry summer calm into school

Continue favorite activities like playing outside, going on bike rides, or spending time at the pool or beach.

### 5 Decode the big feelings, together

Take a walk or do an activity together and ask your child what they're excited or nervous about for the new school year.

Add more tools to your family's backpack this year. **BrightLife Kids offers free support** to help your child start school with confidence.



(888) 275-5357



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