



TODDLERS & PRESCHOOLERS

Helping Little Ones Feel Safe

- Play “school” at home.
- Read books about starting school.
- Visit the classroom before the first day.
- Create a short, predictable goodbye routine.
- Stay calm and confident during drop-off.

Your child borrows your confidence.



SCHOOL-AGE CHILDREN

Replace Morning Chaos with Predictability.

- Pack backpacks the night before.
- Use a simple morning checklist.
- Keep bedtime and wake-up times consistent.
- Build extra time into busy mornings.
- Listen to worries and validate feelings.

Feeling heard reduces anxiety.



MIDDLE SCHOOLERS

Big Changes Mean Big Feelings

- Ask what feels hardest—not just what went wrong.
- Help break big tasks into small steps.
- Support organization, planning, and time management.
- Coach problem solving, don’t rescue.

Skills grow with practice and support.



HIGH SCHOOLERS

Encourage Independence Without Increasing Pressure

- Ask: “Where would support help?”
- Celebrate effort and progress.
- Help them solve problems—don’t solve them.
- Build confidence, not pressure.

Motivation grows from confidence.



COLLEGE STUDENTS

Your Role Changes—Your Importance Doesn’t

- Listen more than you advise.
- Encourage them to use campus resources.
- Let them lead. Support, don’t take over.
- Stay connected and be their safe home base.

Resilience grows when they work through challenges with support.



Back-to-School Anxiety **by Age**

EXPERT TIPS TO HELP YOUR CHILD START THE SCHOOL YEAR WITH CONFIDENCE

Back-to-school season brings excitement—and anxiety. Whether your child is starting preschool, entering middle school, or heading to college, these age-specific tips can help ease worries and build confidence for a successful year ahead.



FOR PARENTS: YOUR CALM IS CONTAGIOUS

Email Us for Resources

✉ solutions@peaceathomeparenting.com

- Connection before correction.
- Predictable routines lower stress.
- Listen first. Solutions come second.
- Children borrow our nervous systems.
- Be gentle with yourself. You’re doing important work.

FREQUENTLY ASKED QUESTIONS

? Is back-to-school anxiety normal?

Yes! Nearly every child feels nervous about new teachers, friends, routines, or expectations. Most adjust within the first few weeks.

? How can I tell the difference between normal nerves and a bigger problem?

If anxiety lasts several weeks, affects sleep, eating, or school attendance, or interferes with daily life, seek extra support.

? What causes school anxiety?

Separation, friendships, academic pressure, bullying, learning differences, perfectionism, executive function challenges, or fear of the unknown.

? What’s the best thing parents can do?

Listen, validate feelings, create routines, solve problems together, and communicate with school when needed.

? Can back-to-school anxiety affect college students?

Yes. College brings big transitions. Stay connected, encourage independence, and support them in using campus resources.



Every new school year is a new beginning.

WE’RE HERE TO HELP YOU AND YOUR CHILD THRIVE.



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