

WHAT TO SAY TO A CHILD WHO IS RELUCTANT TO GO BACK TO SCHOOL



**VALIDATE
THEIR FEELINGS
WITH PHRASES
LIKE...**

“It’s hard to give up on
the fun of summer
for me too.”

“Once we get back
into a routine things
will be good.”

“It’s okay to feel
(*name emotion*).
It won’t last forever.”

FIND OUT MORE BY ASKING...

“Is there something specific you are worried about?”

“What are you looking forward to about the school year?”

“Would you like to go to the store with me to
pick up your school supplies?”
(*Or similar task that will excite your child.*)

PROVIDE ENCOURAGEMENT BY SAYING...

“It’s fun to learn new things and make new friends!”

“You’ve got this.”

“I believe in you.”

