

August means back-to-school for most youth in Nevada. This can bring out anxiety & fears about new classes, academic challenges, & social pressures. NVPeds would like to share some tips & resources to help make the upcoming school year a successful one!

How to Support Youth Mental Health:

- ★ Establish school-day routines (meals, homework & bedtime) before the school year begins. Practice & perfect the routine ahead of time.
- ★ Visit the school together prior to the first day. Practice your route there & back. Check out your child's classroom(s) so they are familiar.
- ★ Take youth shopping for supplies with you. Get excited about the new school year. If you're excited, they're more likely to be excited too.
- ★ If possible, meet with teachers before school starts. Communicate regularly with your child, their teachers, & their school.
- ★ Practice compassion. Listen to & acknowledge youths' concerns. Suggest coping strategies for when they are anxious or worried.
- ★ Get involved! Attend meetings, events, & sign up to volunteer at your child's school. Your involvement increases school success!
- ★ Incorporate positive reinforcement. Model expected behaviors, practice expectations, & tell youth when they are doing well!
- ★ Designate a quiet, organized schoolwork zone & time for completing homework. Have a consistent place to keep backpacks & supplies.

Watch for these signs & symptoms of anxiety:

changes in eating habits
sleep disturbance
clingy behavior
meltdowns or tantrums
nail biting, hair pulling, skin picking
headaches or stomach pains
avoiding normal daily activities
increased irritability
increased crying
social isolation

Get help for your child if any of these issues persist!



Resources & Links for More Information:

1. [Back to School Resources for Parents](#)
2. [The Partnership's Tips & Resources for Parents](#)
3. [U.S. Dept. of Education's Countdown to School Success](#)
4. [Mental Health America's Back to School Toolkit](#)
5. [Child Mind Institute's Back to School Tips](#)