

When school feels too hard

FOR PARENTS AND CAREGIVERS



After a traumatic event, many children and teens feel worried about going to school. This is a normal stress response.



With understanding and support, most students are able to return to school and feel more comfortable over time.



Talk about it

Let your child know it's okay to feel worried, sad or unsure. Listen without judgment and acknowledge their feelings.



Provide clear information

Share what to expect at school, including any changes or added supports. Honest, age-appropriate information can reduce anxiety.



Collaborate with the school

Teachers, counselors and administrators can help create a plan to support your child's return and ongoing success.



Start with small steps

A gradual return, such as a shorter day or starting with a trusted adult, can make the transition easier.



Keep routines

Consistent sleep, meals and daily routines can help children feel more grounded and in control.



Make time for what helps

Encourage activities that promote calm and connection, such as time with family, movement, creative outlets and time outdoors.