

REDUCING BACK TO SCHOOL ANXIETY FOR YOUR CHILDREN

- ✓ Let your child know that school is important to you
- ✓ Demonstrate a positive attitude about school
- ✓ Set regular times for homework, wake up, & bedtime
- ✓ Show interest in your child's school activities, teachers, and friends
- ✓ Talk to your child about his school day
- ✓ Attend school meetings and programs
- ✓ Visit your child's school- volunteer your time & talent
- ✓ Celebrate your child's accomplishments at school
- ✓ Help your child with his homework & school projects
- ✓ Display your child's school work in a special place at home
- ✓ Provide unconditional love and support to your child throughout the school year
- ✓ Learn about "8 Ingredients for a Mentally Healthy Child" at our website: www.mhapiemont.org
- ✓ For more information call The P.A.C.E. Center at 864-583-5802