

BACK TO SCHOOL QUICK TIPS!



Try a few of these and let us know which ones worked for you!



State An Intention

Start by setting an intention with your child for the new school year. Ask, “*what can you do to make this year your best yet?*”

Get curious with them and ask “*What do you need from me to succeed?*” Then make sure to build in accountability. “*What steps will you take to succeed?*” “*How will you know if the intention you set is working? How will your experience at school be better?*”



Build On Their Strengths

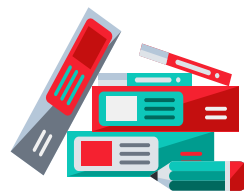
Acknowledge your child's fear and anxiety, and offer the idea that these feelings subside as you become familiar with what was once 'new'.

Every person has 24 character strengths inside them. You can discover your family's strengths for free by taking the VIA Character Strengths Survey located on our website beechacres.org/natural-strength-parenting or at viacharacter.org.



Take A Mindful Moment

Actively listen to their concerns and let them know you are listening. “*I hear that you are worried about your first day of school, but you smiled when you talked about seeing your friends again.*”



Take Time For Yourself

Set an intention for yourself to be prepared and ready to help your kids succeed!

Lean into your own strengths of **Love, Fairness, Judgment, Leadership, and Perseverance.**

Take a moment for yourself. Sit outside and take a moment to **Appreciate the Beauty** of these final summer days.

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