

# BACK TO SCHOOL PARENTING RESOURCE

**Back to School** The start of a new school year can be particularly challenging for children who have experienced trauma. Stress can impact a child's ability to learn and regulate their behavior. These challenges might feel overwhelming, but you don't have to face them alone.



## BACK TO SCHOOL PARENTING RESOURCE

What is one thing you are looking forward to about this new school year?



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How can I best support you this year?



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What is a favorite memory you have of our summer?



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What do you think about as you to fall asleep at night? Any worries about this new school year?



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What teacher are you most excited to see again? What makes them a great teacher?



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What do I do that helps you feel safe? Is there anything I do that makes you feel sad or anxious?



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What is one goal you have set for yourself this school year?



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How can I support you when school feels overwhelming?



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What new activity or subject are you excited to try this year?