A big challenge for families is shifting from the laid-back summer days to getting back into the school routine. It’s not only stressful for parents but also children. So many things can cause them nervousness about starting the school year, like the fear of the unknown, separation from their family, meeting new classmates/friends, the fear of failing or disappointing family, and so much more. These are normal concerns, and some children are more sensitive to the changes than others.

Parents are also susceptible to these worries, plus many more. Children can pick up on these worries from their parents, if not properly handled. Some things are unavoidable to prevent but here are a few tips to help ease the worries for parents and children.

1. **GET READY.** Set realistic bedtime and morning routines, about 1-2 weeks before the big day. Prepare clothing, bookbags, and other items each day before the school day.

2. **NO STRESS MORNINGS.** Discuss activities, schedules, and expectations in the mornings with your child. Let them know things don’t always go as planned and encouraging them to be open to change.

3. **SHOW SUPPORT.** Acknowledge any worries your child may have about their big day but mention it could also be exciting and fun.

4. **CHILL TIME.** Give your child time to relax and reset. If they’re feeling overwhelmed, provide healthy ways to express themselves. Meditation, deep breathing, exercising, singing, journaling, and drawing are good relaxation and mindfulness techniques.

5. **TAKE CARE OF YOU, TOO.** Be mindful that your child needs you at your best so they can be their best! Slow down and take a moment to reset, as well.
Military families face unique challenges many non-military affiliated families do not. Moving from state to state or country to country can be overwhelming. Having to ensure children are enrolled in schools that meet their needs, assimilating to new communities and schools, and making sure their academic progress isn't being hindered by various life transitions, adds additional layers of stress for military parents. However, the School Liaison Program aids military parents in making sure their children are successful academically and developmentally. The program assists with the fluctuations linked with military life and coordinates communication between schools, parents, and installation leaders. School Liaison Officers (SLOs) advocate on behalf of military families while educating schools and administrators on the challenges faced by military families. They also help to connect families with local and educational resources. Below are two key resources for military parents to better support their students academically and emotionally.

**Interstate Compact on Educational Opportunity for Military Children**

Most military children attend six to nine different schools from kindergarten to 12th grade. This can cause them to miss out on many opportunities but could also affect their progression to the next level or not meeting requirements to graduate. The DOD, in partnership with other programs, created the Interstate Compact program to ensure military children are provided the same opportunities for educational success as other children without being punished or deferred in achieving these goals due to transition issues.

**MCEC Military Child Well-being Toolkit**

This great new resource aims to provide accessible emotional support resources to parents, educators, school counselors, administrators and other youth-serving professionals working with military-connected youth. This toolkit contains evidence-based content to promote good overall well-being and academic success of military children. The toolkit can be accessed at https://www.militarychild.org/wellbeingtoolkit.

**Classes & Workshops**

**IDC/FAP Training**
Fri, August 4th, Little Hall
8:15 am - 4:00 pm
Focuses on domestic violence and child abuse prevention and the IDC process. Required for all newly appointed IDC voting members.

**Within Our Reach**
Fri, August 25th, Little Hall
9:00am - 4:00 pm
This workshop is for couples who are married or serious about commitment to learn about communication, conflict, expectations, hidden issues, relationship goals, commitment, and more.