

# Taming the Back-to-School Transition



Presented by  
CIGNA Employee  
Assistance Program



# Seminar Goals

- Understand the feelings that going back to school can cause for both children and parents
- Identify potential concerns and fears, and explore options for overcoming them
- Learn tips to better manage the back to school transition
- Find out how you can help keep your child safe during the school year
- Know the benefits of your Employee Assistance Program (EAP)



# It's Back to School Time...Now What?

- Children and parents can have a mixture of emotions
- What things can affect the experience?
- What can you do to help?



# When It's Their (and Your) First Time

The first day of school is often emotional for parents too:

- It makes us aware of how fast our children are growing up and a stage of life is passing.
- We may fear that they won't be as close to us anymore, and the relationship will lose some of its *specialness*.
- We may worry about their well-being because we can't always be there to guide or protect them.



# Keys to Success

## Staying Healthy

- Get enough sleep
- Eat right
- Get regular physical activity
- Get recommended checkups and immunizations



# Keys to Success (continued)

## Set a Routine

- Daily schedule
- Homework
- Bedtime
- Rules



# Keys to Success (continued)

## Be Prepared

- Discuss the school year with your child
- Plan ahead
- Create a launching pad
- Share the load
- Keep a calendar



# Keys to Success (continued)

## Be Involved

- Why?
- How?
  - Attend school functions
  - Help out at school activities
  - Get to know your child's friends, teachers, and other school staff



# What If Your Child Is Fearful of Going to School?

“Separation anxiety” is natural in young children, but there are many things you can do to help them overcome it:

- Practice being apart before the start of school
- Get your child involved in social activities
- Don't allow scary television or video games
- Do some “walk-throughs” before the big day
- Have a “good-bye” ritual, then leave quickly without a fuss
- Don't give in and let them stay home – if necessary, go with them and gradually fade yourself out of the picture
- If the problem persists, call the EAP and get professional help



# Safety First

- Getting to school and back safely
- Latchkey kids
- Bullying
- Peer pressure



# Benefits of the EAP

- Face to Face Sessions
- Confidential
- Prepaid
- Unlimited Telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/Life Support such as eldercare, childcare and pet care.
- Financial Services
- Legal Services



# References

1. Barlow, David; Durand, V. Mark (2008). *Abnormal Psychology: An Integrative Approach*. Cengage Learning. p. 414.
2. Centers for Disease Control and Prevention (CDC). 2010. *Physical Activity for Everyone*. Retrieved November 11, 2010 from: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
3. McKenzie, John. (2005). *Family dinner linked to better grades for teens*. Retrieved February 23, 2009 from: <http://abcnews.go.com/WNT/Health/story?id=1123055&page=2>
4. National Association of School Psychologists (NASP). (2004). *Back-to-School Transitions: Tips for Parents*. Retrieved December 22, 2010 from: [http://www.nasponline.org/resources/home\\_school/b2shandout.aspx](http://www.nasponline.org/resources/home_school/b2shandout.aspx)
5. National Sleep Foundation. (2009). *Children and Sleep*. Retrieved November 11, 2010 from: <http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. ©2010 CIGNA

# References (continued)

6. National Sleep Foundation. (2009.) *Teens and Sleep*. Retrieved November 11, 2010 from: <http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep>
7. Organized Home.com. (2007). *Tame Morning madness with a Familky Launching Pad*. Retrieved XXX from <http://www.organizedhome.com/tame-morning-madness-launch-pad>
8. The National Center on Addiction and Substance Abuse at Columbia University [CASA]. (2007). *The importance of family dinners IV*.
9. University of Minnesota. (2008). *Family meals quell eating disorders in teenage girls*. Retrieved February 23, 2009 from: [http://www1.umn.edu/news/features/2008f/UR\\_166816\\_REGION1.html](http://www1.umn.edu/news/features/2008f/UR_166816_REGION1.html)



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited. ©2010 CIGNA

Confidential unpublished property of CIGNA. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2009 CIGNA