

Preparing your kids for back to school



As summer winds down, the shift back to school can bring a mix of excitement and uncertainty—for kids and parents alike. From adjusting sleep schedules to navigating new social settings and managing separation anxiety, the transition can be a big one. The good news? A little planning can go a long way. With thoughtful preparation, you can help your child feel confident, supported, and ready to start the school year strong. Below, we've gathered practical tips to ease the transition—for both you and your child.

01 Get back to your regular school night routine
After a few months of a summer schedule, it's only natural that your kid may be going to bed and waking up later. That's to be expected—your child won't be able to return to their school bedtime routine overnight. To help them transition by their first day back, start working toward their school year schedule a week or two before school starts.

02 Do a trial run
If you know what time your child has to be at the bus stop, work backwards to figure out how much time they will need in the morning. Pick a morning before the school year starts to do a trial run to make sure both you and your child are ready and know what to expect.

03 Think beyond week one
The first days of school often come with a burst of excitement—but that energy can fade as routines settle in. Check in regularly with your child to see how they're feeling, especially after the initial buzz wears off. Acknowledge their emotions, listen closely to their concerns, and remind them that it's okay to have ups and downs. By validating their experience, you help build their confidence for the weeks ahead.

04 Use your free Maven resource
Through Maven, you have access to unlimited support from providers like parenting coaches, mental health providers, sleep consultants, pediatricians, and more who can help you navigate any back to school concerns. Maven's library of resources— including on-demand classes, school day guides, and a community forum where you can connect with other parents—can help you and your child get ready for the year ahead.

Maven is a free benefit offered to you and your partner through your employer.

Sign up today for free on-demand access to Maven providers, a dedicated Care Advocate, and a library of tailored content. Visit mavenclinic.com/join/school or scan the QR code to activate your no cost membership today!

