



BACK TO SCHOOL: Managing the Transition

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

While back-to-school is typically a time of excitement, it's normal for kids to experience some degree of anxiety as a new school year approaches. Younger children may get nervous about leaving their parents, and older children may worry about academics or how they'll fit in with their friends after spending time apart during the summer.

ATTENDEES WILL LEARN:

- Become aware of the normal range of emotions for children during change and transition.
- Signs and symptoms of clinical anxiety.
- Practical tips to address their children's concerns and help them transition into the school year.
- Considerations for the first weeks of back-to-school for increased confidence and preparedness.

