



COUNSELING CONNECTION

JANUARY'S NEWSLETTER

HOW TO HAVE A SMOOTH TRANSITION FROM HOLIDAY BREAK

BPA Student Support & Services

The Struggles that come with the Transition back into the Classroom

The Christmas decorations are still up, but the holidays have gone by, and the back-to-school date is here, and so are your stress levels.

During the holidays, family routines are heavily disrupted which can lead to unhealthy behaviors.

Early bedtimes are pushed back, an explosion of family visitations, travel plans, and extra sweets are slipped to your child during the holidays.

It's not easy for children or parents to transition back into the classroom after the long holiday break. Often kids look forward to holidays so much that once it's time to return it can be somewhat depressing for them.

Ways to get your Child back on Track after the Holiday Break

A little bit of support goes a long way, and by providing a positive outlook, you're giving your child the push they need to go back and have a successful rest of their school year.

- Resume your routine and reinforce those bedtimes. A well-rested child can focus and learn better in the classroom and during extracurricular.
- Give them something to look forward to. A great way to do this is as simple as going to the grocery store with them and allowing them to help plan their weekly lunches.
- Intentional goal setting. We are all aware of New Year's Resolutions, but did you know eighty percent of these are broken. Engage your kids with meaningful goal setting and include smaller checkpoints along the way. Focus on what they can do to improve in school in the New Year, and how you can help make their goals happen together.

