



By August, the telltale signs have emerged. Back-to-school specials appear in stores, online and on television. Colorful displays of backpacks and school supplies pop up everywhere. Both parents and children get excited and anxious about going back to school and leaving the lazy days of summer.

Transition times can be exciting and stressful for children (and parents) and several steps can be taken before school starts and into the first weeks of school that can help smooth the transition.

- **Visit the school** with your children to help them explore the surroundings, classroom and teacher. Even if your children know the school well, it still feels good to get reacquainted. If your children have a locker for the first time, help them find their lockers it and practice opening them.
- **Sit down and review family rules** regarding curfew, bedtime and homework during school. Getting back into the routine a few weeks before school helps ease the transition when the time comes.
- **Set goals.** The beginning of each school year offers students an opportunity for a fresh start. Sit down with your children and set goals. Discuss the pros and cons of the previous year and how some things can change for the better.
- **Be reassuring.** Encourage your children. Help them reconnect with friends to reduce fears of isolation in the new classroom. Listen to their worries and don't minimize or dismiss them. These fears are real to your children.



After school has started, continue encouraging your children. Talk on a regular basis with their teachers. Create a special "family folder" for the children to take to and from school each day with important information or homework to help teach organization.

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237). Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.



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**LCFS offers counseling
at the following locations:**

Northern Illinois

Crown Point at Immanuel Lutheran Church, Belvidere
Grace Lutheran School, River Forest

Central Illinois

Trinity Lutheran School, Bloomington
LCFS office, Decatur
LCFS office, Springfield

Southern Illinois

LCFS office, Belleville
LCFS office, Mt. Vernon

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Lutheran Child and
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