

# FALL TIPS FOR FAMILIES

The start of a new school year is an exciting time, but it can also bring lots of emotions for children.

By supporting social-emotional learning, families can help children feel connected, confident, and ready to navigate new experiences, friendships, and challenges throughout the year.



Positive Emotional Development  
and Learning Skills

## Friendship

- Practice greetings and introductions at home.
- Role-play sharing and taking turns.
- Read books about friendship together.

## Independence

- Celebrate effort rather than perfection.
- Encourage children to solve small problems before stepping in.
- Offer choices to promote decision-making skills.

## 4 Things to Focus on this Fall

### Big Feelings

- Name and validate feelings.
- Maintain predictable morning & bedtime routines.
- Practice calming strategies such as deep breathing.

### Connection

- Use warm, positive goodbye routines.
- Speak positively about teachers and classmates.
- Use language like "Your school is fun! You are safe at school."