



# BACK <sup>TO</sup> SCHOOL TIPS FOR PARENTS

## CHECK IN WITH YOUR CHILD OFTEN.

Discuss feelings and provide reassurance when needed.

## ESTABLISH A BEDTIME ROUTINE.

Sleep is key to mental health; make sure your child gets enough rest each night.

## MANAGE SCREEN TIME

Set limits and discuss the importance of online safety. Also, provide positive offline experiences.

Scan here for tips on limiting screen time and developing connections:



## SEEK SUPPORT WHEN NEEDED.

Learn to recognize the signs of mental health struggles and don't be afraid to reach out for help.

Scan here for free community trainings about mental health:



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD  
[www.rappahannockareacsb.org](http://www.rappahannockareacsb.org)

