



Beat back-to-school stress



A big part of you may feel greatly relieved that the kids will be out of your hair and going back to school. It's okay to also admit that you're not looking forward to early morning routines again, road congestion, getting your children out of bed and dealing with their temper tantrums!

"It's all too easy to become overwhelmed by a seemingly endless list of demands," explains Stephen Muller, Lead Education Advisor - Student Wellbeing at Brisbane Catholic Education. "Transitioning your children to school can be stressful and can have a wide variety of effects impacting on your child's behaviour." The following advice may help ease the transition back to school:

- Have realistic expectations. Change is always associated with challenges, so be prepared that things may not always go according to plan.
- Acknowledge that transitions are hard and it takes time to get used to new routines. You may find sharing stories about your own struggles with your daily schedule will lighten the moment and normalise the process.
- Attend to the basics first: sleep, nutrition, exercise and relaxation. Then establish a regular routine involving school, work and home balance.
- Implement a routine around family responsibilities. Share the load and develop clear expectations and a reward system for doing chores and consequences for not.
- Take regular 'time out' for yourself, even if it's a few minutes here and there, to take a deep breath, drink a cup of tea or take a walk. Be gentle with yourself and monitor your own stress levels!
- Repair ruptured relationships. It's good to apologise to your children (when needed) and acknowledge your own limitations to them – it models good behaviour!

For more expert parenting advice please visit [School TV](#).

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