



Virtual mental health care for kids & teens

BACK TO SCHOOL WITH BRIGHTLINE

2023

A guide for
supporting
kids' return
to the
classroom.



Hey there!

I'm Irene, Head of Coaching here at **Brightline** and a mom to three young kids :). **Back-to-school** is right around the corner, and I wanted to share some of the resources Brightline offers that have helped my own family through this challenging time. I hope these tips are as useful to your family as they are to mine!

If you're interested in exploring more educational content, **create a free account to access our full library at hellobrightline.com/signup/bts**. You can also download our iOS app to get the full Brightline experience right in your pocket.

Still feeling overwhelmed? We're here to help. Sign up and you'll be matched with one of our mental health experts who can answer any questions you may have about helping your kids navigate **social anxiety, new friendships, cyberbullying & everything in-between**. Whatever your family faces this year, Brightline's expert therapists, coaches, & psychiatrists are here to help.



Unlock your benefits

Sign up before August 31 to take advantage of our free back-to-school resources. Wishing you a great start to the new school year!



- Irene Smith
Head of Coaching

Helping your child manage

BIG back-to- school feelings

Class is almost back in session, & with all that excitement comes enough worries to fill a school bus. Early mental health support can make a big difference. **Here are some expert-approved tips & example conversation starters** for helping them kick off the new school year with confidence. →

Listen

When your child shares a worry, sometimes they need you to hear them more than they need you to fix their problems. Just knowing you're there can go a long way towards building their confidence.

You could say: "Thanks for telling me how you're feeling. I'm always here to support you. Do you want to tell me more?"

Let them know it's okay to worry

It's easy for kids to feel like everyone else is doing great and they're the only one struggling. (Especially if they spend time on social media).

You could say: "It's totally understandable to feel worried, especially before a big change like going back to school. I know for sure you're not the only kid who is feeling this way!"

Make a plan

Think of ways your child can respond to a worry coming true. For instance, if they're scared of not having anyone to sit with at lunch, you could talk about what friends they can look for, or practice a conversation for sitting down next to someone new.

You could say: "Do you want to come up with a plan together?"

Practice calming skills

Taking deep, slow breaths and noticing what you can see, hear, feel, taste, and touch are really effective ways to quiet the nervous system. (Our therapists and coaches at Brightline are great at teaching lots of strategies like these!)

You could say: "Sometimes we can feel worry in our body. Calming your body down could help. Do you want to try?"

Remind them — they've got this

Think of other times that your child has faced their fears. Maybe it was the start of another school year, trying a new activity, or when they first met a friend — remembering that success can boost their confidence & help them do it again.

You could say: "Let's think of a time when you were worried like this, but things turned out okay. What did you do then?"

Focus on the good stuff

Having something to look forward to, whether it's a big family trip or a new movie coming out, can remind your child of the positive things happening in their life.

You could say: "We've been talking a lot about what you're feeling worried about. What's coming up that you're excited about?"

Remember to take care of you, too!

Support yourself

Staying calm at this time of year is easier said than done! Take (lots of) deep breaths and try to be a calm, steady presence for your child. Remember: your kids take their cues from you.

Don't worry about saying the "perfect thing"

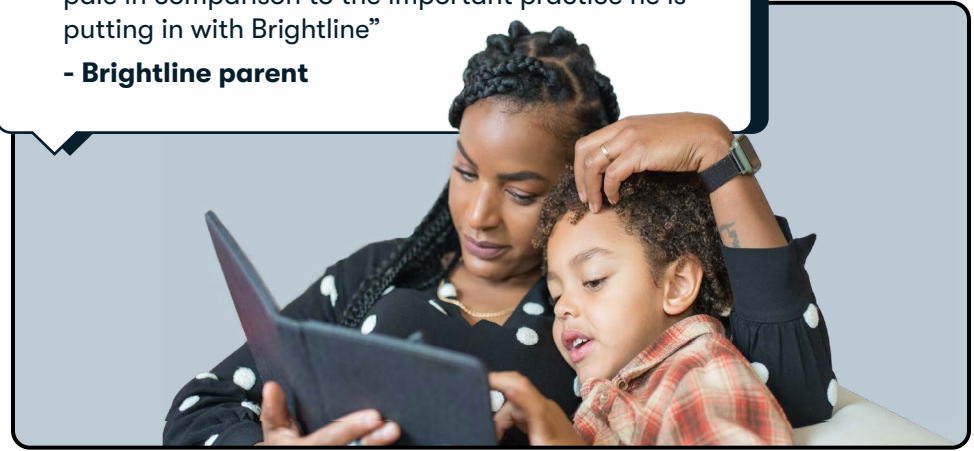
If you're worried you may have said or done the "wrong" thing in the past — maybe multiple times — it's not the end of the world. Acknowledge it, apologize, then try again.

You could say: "Hey, I feel that I've been too quick to say, 'I'll fix that for you.' In the future, I'll try to just listen."

No one's grading your parenting skills — **just keep doing your best.**

"My son spends so much time playing baseball, basketball and football. While we value them, they pale in comparison to the important practice he is putting in with Brightline"

- **Brightline parent**



Brightline 101: Make this year an A+

Our therapists, coaches, & psychiatrists are ready to support you through any mental health challenges your family faces.



Fast access to personalized support

Chat with a mental health expert & schedule video visits within days



Care from experts

Our therapists & coaches have years of experience working with kids of all ages



Access to our one-stop digital platform

Track progress, appointments, & read expert-backed resources



Create your free account before August 31 to take advantage of our back-to-school resources.

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