



Parenting and Back-to-School Toolkit

Resources to support the parents and caregivers in your organization



Created by the NFP Vitality and Wellbeing team

Helpful Tips

Self-Care and Support

- Connect with other parents or support groups to share experiences and tips ([Parents Helping Parents](#))
- Seek out sleep support through guided meditations and suggested sleep habits ([Calm](#))
- Resist the urge to overschedule yourself or your child(ren)
- To meet other parents, take advantage of get-togethers offered by the school, or set up your own ([Peanut](#))
- Recognize that starting school can be emotional for parents too – Plan something fun and relaxing to look forward to the first week
- If you have a partner, discuss priorities, needs, and responsibilities
- Leverage tools to stay organized and reduce unnecessary stressors ([Care](#))
- Replace guilt with grace
- Seek professional help when needed

Preparation and Organization

- Gradually adjust your family's sleep schedule two weeks before school starts ([Cleveland Clinic](#))
- Establish consistent nighttime and morning routines ([PBSkids](#))
- Plan before and after care as needed and discuss with your family ([Care](#))
- Create a family calendar to stay on top of scheduling ([Cozi](#))
- Streamline your routine through meal planning / prepping and have your child try lunches / snacks ahead of time
- Create a fun checklist system for children to follow each morning (shoes, homework, lunch, etc.) ([7 Days of Play](#))
- Review the school supplies list in advance, letting your child make choices whenever possible
- Discuss any medications your child needs with the school in advance
- Have your child pick out a special outfit for their first day



Mental Wellbeing for Children



The **first day of school** can be a whirlwind of excitement, energy, wonder, anxiety, fear, and uncertainty – for children, as well as their parents. This season provides ample opportunity to practice mental wellbeing with your child, building resilience, emotional intelligence, and confidence.

- **Encourage** open communication to address anxieties about starting school ([UNICEF](#))
- **Foster** a positive attitude towards learning by celebrating small achievements
- **Empower** your child through narrative: Talk and read about school - What the day will be like, how they will get there, what will happen when they get home, etc.
- **Practice** mindfulness / breathing techniques together to coregulate, reduce stress, and build resilience ([Positive Psychology](#))
- **Establish** a special word with each child that guarantees five minutes of active listening without judgment or reaction
- **Ask** open, simple questions to reconnect with your child after school ([Boys & Girls Clubs](#))
- **Create** space at the end of each day for you and your child to reconnect
- **Build** friendships by setting up play dates in advance, so your child can start school with familiar faces
- **Teach** your child to name their emotions, empowering them to communicate their needs ([Kids Mental Health Foundation](#))
- **Protect** your child's health and wellbeing by practicing safety protocols ([HeadStart](#))



NFP Wise & Well Resources



Access NFP's Wise & Well Training Center for educational content on various wellbeing topics, additional toolkits, and upcoming webinars.

[Wise & Well Training Center](#)

NFP Wise & Well Webinars

We present a series of webinars throughout the year on various wellbeing topics. These can support your parenting and caregiving journey by empowering you and your family to pursue wellbeing in all areas (mental / physical / financial / social) – giving you the tools and tips needed to be your best for your family, your teammates, and yourself.

Brain ON!

Do you have a company book club? Give [Brain ON!](#) a try! Written by Deb Smolensky, New York Times bestselling author and NFP's Vitality and Wellbeing Practice Leader, Brain ON will help you learn to rewire your mind to be more energized, alert, and resilient throughout each workday.



Online National Resources

Reference the following resources for reputable and updated information to support you and your family.

Back to School

- [NPR: Back to School Tips](#)
- [Care.com: 101 Back-to-School Tips for Parents and Kids](#)
- [PBS: Back to School Tips for Parents](#)
- [Boys & Girls Clubs of America: 25 Better Ways to Ask Kids about Their School Day](#)
- [Harvard Health Publishing: 7 Tips to Help your Child Start School for the First Time](#)
- [SAMHSA: Back to School Toolkit](#)
- [HeadStart: School Readiness](#)
- [School Safety: Back to School Campaign](#)
- [TODAY: Free Back-to-School Sites](#)

Parenting

- [Cleveland Clinic: 10 Ways to Practice Self-Care as a Parent](#)
- [CDC: Positive Parenting Tips](#)
- [CDC: Children's Mental Health](#)
- [Child Mind Institute: Positive Parenting, Thriving Kids](#)
- [American Psychological Association: Top Parenting Resources from Psychologists](#)
- [Parents Helping Parents: Virtual Support Groups](#)
- [Child Mind Institute: 8 Self-Care Tips for Parents](#)
- [Lantern: Parenting Text Tips and Content](#)



Podcasts, Assessments, Videos & Apps

Podcasts

- [Calm: Parenting Podcast](#)
- [Dr. Aliza Pressman: Raising Good Humans](#)
- [The Dad Verb](#)
- [Guided Meditation](#)
- [Rachael Shepard-Ohta: No One Told Us \(The Truth about Parenthood\)](#)
- [Dr. Becky Kennedy: Good Inside](#)

Assessments & Videos

- [Connected Families: Parenting Strengths Assessment](#)
- [Child Mind Institute: The Thriving Kids Projects](#)
- [Mental Health America: Youth Mental Health Test](#)

Organization / Parenting Apps



[myHomework](#)



Life360

[Life360](#)

care.com

[Care.com](#)



[Cozi](#)

Mental / Social Wellbeing Apps



[Calm](#)



[StoryBook](#)

MIGHTIER™

[Mightier](#)



[Peanut](#)

