



# Preparing for Pre-K & Elementary School

## How can parents support their children?

- Validate the challenges of starting school and encourage your child to take on new challenges
- Learn about your child's concerns and practice ways to overcome them
- Praise your child when you are away from home or meeting new people
- Encourage your child to work through problems even when they are scared
- Be aware of any changes in behavior or attitude

## Collaborate With Teachers

- Learn about differences in behavior at school vs. at home
- Discuss ways you can support your child and practice areas of difficulty
- Reach out to a mental health professional if your child needs extra assistance

