

Supporting your child with anxiety: Back to school

Starting a new school year can bring excitement, anticipation and sometimes anxiety for both children and parents. Supporting your child's emotional wellbeing, confidence and independence can help them settle successfully and enjoy a positive start to the term.

Top tips for parents



Settle back into school routines

Consistent routines around sleep, homework and family time can help children feel secure, settled and better able to manage the school week. Predictable routines help children feel secure and reduce anxiety.



Talk openly about feelings

Encourage your child to share both their worries and excitement. Listen without judgement and reassure them that feeling nervous is normal.



Stay organised together

Check that your child has everything they need for the school week and talk regularly about how things are going. Feeling prepared and supported can help build confidence and reduce worries.



Promote independence

Encourage age-appropriate responsibilities such as organising their school bag, managing homework, or planning their morning routine. This helps build confidence and resilience.

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Encourage friendships and connections

Support your child to build and maintain positive friendships, whether through school, clubs or activities. Strong social connections can help children feel more confident, settled and supported.



Celebrate small successes

Acknowledge achievements, effort and positive steps, no matter how small. Positive reinforcement helps build self-esteem and confidence.



Watch for signs of anxiety

Changes in behaviour, sleep patterns, appetite, mood or school attendance may indicate that a child is struggling. Early conversations and support can help prevent issues escalating.

Parent resources:

[Parent Toolkit](#) on Mental Health in Children & Young People from Place2Be, Young Minds, Kings Maudsley Trust

[Parenting Smart](#) from Place2be

[Anna Freud family wellbeing resources](#)

Remember

Every child adjusts at their own pace. Keep communication open, celebrate progress and seek help early if concerns persist. Together, families and schools can help children thrive throughout the school year.

