

Seasonal Tips

Insight into brain development, the impact of seasonal changes, and practical tips to support children of different ages



Infants/Toddlers

Infants and toddlers feel the back-to-school reality through changes in family routines. They may not understand the idea of a new school year, but they will feel shifts in family patterns or emotions.

- Keep or start a tradition of saying or singing the same greeting/goodbye at dropoff and pickup (for babies/toddlers themselves or for older siblings).
- Include infants and toddlers in “practice runs” through morning or evening routines.



Primary Grades (K-3)

Early elementary students often feel excited and nervous about the new school year. At this age, school worries are often very concrete: “How will I get to my new classroom?” “Who will I play with at recess?” “Who do I ask for help?”

- If schedules allow, try a morning routine practice the week before school starts.
- Share that it is normal to feel nervous and excited at the same time, and help them notice how feelings impact their bodies.
- Remind them that God is with them at school, at home, and everywhere!



Intermediate Grades (4-6)

Children this age may pay closer attention to shifts in friend groups and new class dynamics. They may be navigating more at school on their own (such as lockers, schedules, and maybe multiple teachers). This can be both exciting and intimidating.

- Encourage them to be open to new friends and classmates this school year.
- Help them build simple systems for their before and after school routines (including completing homework).
- Ask them about how they are feeling, and share your own back-to-school experiences to help build emotional connection.



Junior High (7-8)

Junior high students are taking on more responsibility and managing more academically and socially each year. Adjustments to sleep schedules and early school start times may be especially tough for children this age. New school year dynamics combined with physical and mental fatigue might impact them more than they realize.

- Support them in utilizing assignment tracking and time management tools.
- Try checking in about their day one-on-one later in the evening instead of right after school. They may be more likely to share.
- Remind them that Jesus is with them in times of change. He knows what is on their hearts and cares for their needs.