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Together We Grow

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Welcome Back!

Starting and/or coming back to school is exciting for many, but can also result in increased anxiety. It is normal for parents to feel the pain too. The goal during this transition back to school is to be supportive without exacerbating your child's worries.

Here are some tips:

1. Take your own temperature: make sure you are not passing on stress to your kids
2. Listen to worries: rather than dismissing ("Nothing to be worried about! You'll be fine") listen and acknowledge your child's feelings
3. Let someone at the school know
4. Arrange for a hand-off

These are just a few helpful tips for separation anxiety at the start of the year.

For more information about this topic and more visit childmind.org

Click this link or scan this QR code to visit the article from Childmind.org about Back-to-School Anxiety

[Click this Link](#)



CALENDAR

8/19 - School Starts!

8/29 - No School

This month is: National Immunization Awareness Month



LET'S CONNECT!

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