

# The Installment

Horizon Public Health

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As summer winds down, families are preparing for the busy back-to-school season. Whether your child is navigating new academic expectations, shifting friendships, or returning with anxiety or emotional challenges, a thoughtful reset can make a big difference.

## DO's and DON'Ts for a Successful School Year

### ✓ DO: Reset the Routine

Shift bedtimes and wake-up times to school hours. Practice morning routines and reduce screen time before bed. Shop early for supplies to build excitement.

### ✓ DO: Talk About Friendships

Let kids know it's normal for friendships to change. Listen and validate their feelings—no need to fix everything.

### ✓ DO: Try a Trial Run

Walk through the school or check out their schedule before Day One, especially for anxious kids or school changes.

### ✓ DO: Balance Activities

Hold off on too many extracurriculars early on. As a parent, model balance in your own life, too.

### ✗ DON'T: Skip Meals or Sleep

Make sure your child eats regularly and gets enough sleep. Tired, hungry kids struggle more with learning and focus.

### ✗ DON'T: Push Your Worries

Avoid loaded questions like “Did you make friends?” Ask neutral ones like, “What was the best part of your day?”

### ✗ DON'T: Expect Perfection

Setbacks are normal—give your child time to adjust.

### ✗ DON'T: Wait to Speak Up

If you notice your child struggling, advocate early. Partner with the school before issues grow.

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is to promote, protect, and improve the health and well-being of all people in our communities.



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