

Is My Child's Back-to-School Anxiety Typical?

Normal Behaviors

- | | |
|---|---|
| ☐ talks about being nervous but is still willing to go to school | ☐ continue participating in activities they normally enjoy |
| ☐ calm down shortly after arriving | ☐ Sleep and appetite return to normal after the transition |
| ☐ worries gradually decrease over the first few weeks | ☐ accept reassurance and encouragement |
| | ☐ continue learning and engaging in class |

Seek Additional Support

- | | |
|---|--|
| ☐ Anxiety continues or worsens after several weeks | ☐ Physical complaints (stomachaches, headaches, nausea) occur before school |
| ☐ refuses school or frequently asks to stay home | ☐ Anxiety is affecting sleep most nights |
| ☐ panic attacks or intense emotional distress | ☐ stopped participating in activities they once enjoyed |
| ☐ Anxiety is impacting friendships or family relationships | ☐ Teachers report significant distress or difficulty functioning at school |

Ask yourself

- ☐ Does my child recover after facing something difficult?
- ☐ Are they gradually becoming more comfortable?
- ☐ Is anxiety helping prepare them—or preventing them from participating?
- ☐ If anxiety is interfering with everyday life, reaching out for support early can make a meaningful difference.