

COUNSELOR'S CORNER

AUGUST 2026

The school-year excitement is settling in and that's completely normal! Around the three-week mark, it's a great time to pause, check in with yourself and your child, and make adjustments.

DO A QUICK FAMILY CHECK-IN

SLEEP & WAKE-UP

Is your child getting enough sleep? Are bedtime and wake-up times realistic? Is your child ready for the day, or are they struggling each morning?

HOMEWORK & LEARNING

Is homework time working? Does your child need more structure, breaks, a quieter space, or a new way to study?

ATTITUDE & BEHAVIOR

Notice frustration, irritability, arguing, difficulty following directions, or trouble managing emotions. What might be contributing?

MOVEMENT & ACTIVITY

Is your child getting chances to move and play each day? Outdoor time and active play can support mood and focus.

FOOD & FUEL

Is your child eating regularly? Notice whether meals and snacks seem connected to energy, mood, or concentration.

LOOK FOR PATTERNS

You don't need to fix everything at once. Look for patterns that may point to one simple change worth trying.

SET REALISTIC EXPECTATIONS

As children move through the school year, the work will get harder. Some assignments may require more time, effort, organization, and support than they did in previous years.

Take a realistic look at your child's effort and output:

- Are grades generally consistent with the effort your child is putting in?
- Is the amount of time or support increasing because the material is more challenging?
- Are your expectations based on what your child can realistically accomplish right now?
- Does your child need a new study skill or approach as expectations increase?

MATCH EXPECTATIONS TO EFFORT & CIRCUMSTANCES. A child who is working hard and struggling may need encouragement and new strategies, not simply more pressure.

GRADES ARE ONLY ONE MEASURE OF SUCCESS

Growth, effort, perseverance, independence, problem-solving, responsibility, and learning how to handle challenges are important accomplishments. A poor grade is disappointing, but it too can aid in growth and learning.

IDENTIFY THE CHALLENGE → MAKE ONE CHANGE

You don't have to completely overhaul your family's routine. Start your reset by identifying your biggest challenge and making one realistic adjustment.

Tired in the morning?	Revisit bedtime and evening routines.
Homework battles?	Try a different time, location, or approach.
Difficulty focusing?	Build in movement breaks and reduce distractions.
More irritability?	Look at sleep, activity, meals, and downtime.
Schoolwork feels harder?	Adjust expectations and allow more time or a new strategy.
Grades don't match effort?	Look beyond the grade and identify the support or strategy needed.

REMEMBER: LAST YEAR IS NOT THIS YEAR

Children grow and change, and so do their needs. What worked last school year may not work this year. As children become more independent and their schoolwork becomes more demanding, routines and expectations may need to change, too.

The goal isn't a perfect routine. The goal is a routine and set of expectations that works for your child and your family right now.

THE CHALLENGE

CHOOSE ONE ROUTINE OR EXPECTATION TO EVALUATE.

- Keep what's working.
- Change what isn't.
- Be realistic about what your child is being asked to do and the effort it takes.
- Give the new routine or expectation some time, then check in again.

 Encourage effort	 Notice growth	 Adjust as needed
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Small adjustments can make a big difference!