



Get in gear for the school year

As summer break comes to an end, the transition back to school is just around the corner. These tips and services will help you prepare your kids for success in the new school year.

5 helpful tips

Ease the transition. Starting a new school or moving from one grade to the next means an adjustment for kids. Create a smooth transition by visiting the school before classes start and attending the school orientation. Remember to listen to your child so they feel comfortable with the new situation as it evolves.

Adjust your schedule. Make the week before school starts a test-run week. Plan for the whole family to adopt more regular mealtimes, bedtimes, etc.

Document your summer. Organize photos and mementos of summer adventures. Have everyone help and display your project.

Organize your home. Have the kids help you by putting away summer toys, setting up school clothes and making room for lunch boxes, jackets and a study space.

Get children excited for school. Remind them of the fun parts of school such as choosing school supplies and seeing friends. Ask them what they are looking forward to and what they are nervous about. If your child seems very nervous and/or is refusing to go to school, ask them what is causing the anxiety. When school starts, ask your child open-ended questions such as "What did you enjoy most about school today?"

Services and resources



Work-Life Services—Find information on test preparation, tutoring, resources for homeschooling and virtual schooling, guides and webinars on topics such as getting organized, bullying, special needs, helping children succeed and more.



Discount Center—Get discounts on school supplies, electronics, books and clothes, as well as grocery coupons and meal kits for quick, healthy dinners and snack options.



Digital Emotional Wellbeing Program—Access interactive digital cognitive behavioral therapy programs for both children and adults to help with emotions, build resilience, cope with anxiety and more.



Financial Wellbeing—Meet with a Money Coach to discuss your budget and options for child care, extracurricular activities, saving for college and other financial goals.



Counseling—If you or your child are feeling anxious, you can meet with a counselor in-person, by text message, live chat, phone or video conference up to 5 times per issue, per year.



Scan the QR code to visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-327-4581 (TTY 711) to get started.