

**Mayo Clinic Minute: Four ways to help kids overcome back-to-school anxiety**

Video	Audio
	Many of the things parents and caregivers can do to help kids with back-to-school worries are fairly straightforward.
<b>Stephen Whiteside, Ph.D.</b> <b>Psychology</b> <b>Mayo Clinic</b>	"The first one is staying calm and warm. Realizing that when kids are nervous and worry, they often express that through acting up, being more irritable. Kids usually take those emotions out on their parents because that's the safe place to do so."
	Dr. Whiteside says some kids might feel overwhelmed at the thought of interacting and reconnecting with peers.
	"Make some efforts to make sure that they have some play dates or reconnect with some of the kids that they know through school but don't see so much during the summer can be helpful."
	He says the main thing to avoid is avoidance.
	"... deciding that this is too hard for my child, they can't do it, we need to not do this, whether it's go to school, or we need to avoid certain things because they're just too overwhelming for my child — it runs the risk of allowing things to get worse over time."
	Finally, making sure kids get good, structured sleep, are eating well, limiting screen time and emphasizing physical activities can help kids feel better ...
	"... when we feel better, fears and worries are easier to manage."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.