



solutions

The quickest and best way to contact the EAP is by calling **1-800-222-0364**

Start Their School Year in a Happy Place

Feeling nervous about the first day of school is completely normal for children and their parents.

They may be wondering, “Who will I sit with at lunch?”, “Are my teachers going to be nice?”, or “Which bus do I take home?”
Connect with and reassure your children to help ease their first-day jitters.

Give them support

Social engagement is particularly important at an early age for fostering children’s emotional well-being and lessening the chances of experiencing anxiety and isolation. Introducing your children to other neighborhood kids attending the same school can strengthen their support system. Involving your young ones in sports or after-school activities can help spark new friendships and ease the adjustment, too.

Create a safe and loving home

Family stress is the greatest barrier to academic success, according to Scholastic Inc.’s 2015 survey of the top K-12 teachers in every state. It’s crucial to develop a safe, loving, and secure environment for your children, so make time to talk to them regularly and offer consistent affection and encouragement.

Contact your Employee Assistance Program (EAP) for additional advice for helping your children be confident and successful at school.



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Four Steps for a Smart Start

In the middle of the summer, the start of school may seem far away. But, as you've probably experienced in the past, it'll be here before you know it. The following tips can help you plan ahead to make the upcoming year the best one yet for your child.

1 - Express back-to-school enthusiasm:

Emotions are contagious and maintaining a positive attitude toward your child's return to school can help ease the transition. Be sure to emphasize all the things he or she can look forward to in the coming school year.

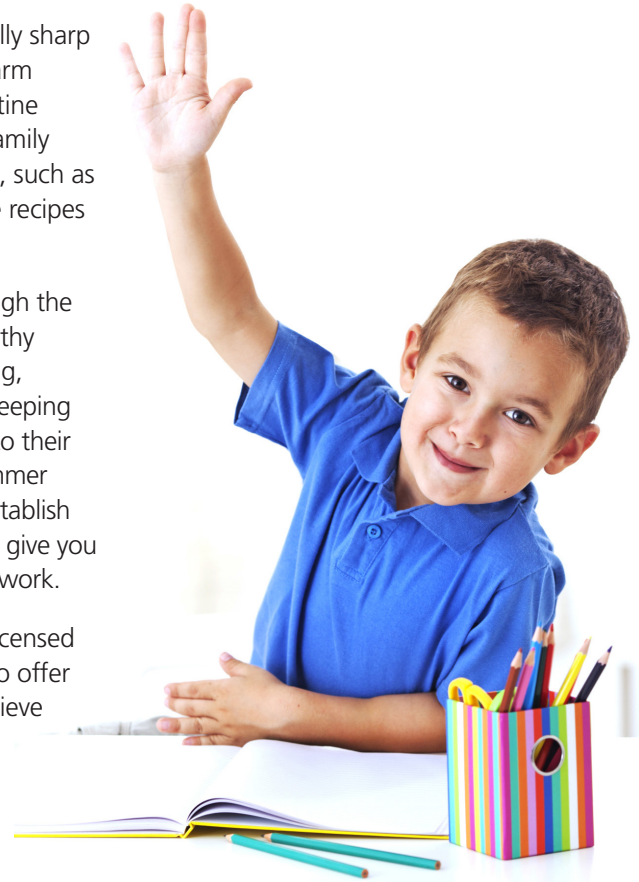
2 - Refrain from the brain drain:

Summer is about relaxing and having fun. But, you can still find engaging

ways to keep your kids mentally sharp in addition to enjoying the warm weather. For example, set routine reading times for the whole family and create teaching moments, such as doubling your family's favorite recipes to reinforce basic math skills.

3 - Stay on schedule: Although the kids aren't in school yet, a healthy routine with set times for eating, exercising, watching TV, and sleeping adds consistency and stability to their days. Sending the tykes to summer camp can be a great way to establish this daily plan. Camps can also give you peace of mind while you're at work.

4 - Get expert assistance: Licensed EAP counselors are available to offer expert consultation to help relieve any anxiety your children may be experiencing. Call today to set up a FREE consultation.



College Planning Checklist

Providing your children the opportunity to receive a college education is high on many parents' priority list. While the thought of financing higher education may seem overwhelming, calculated long-term planning can help you keep down costs.

Better to save than to borrow:

If possible, plan and save for college early on. Costs can add up quickly between funding tuition, room and board, a laptop, textbooks, and other school supplies. Paying for school through your family savings fund avoids having to deal with costly loans. Even if saving early was not an option for your family, it's not too late. A 529 college savings plan with automatic investments is a good start. Having a conversation with an [EAP](#) financial consultant is also a good idea.

Making a smooth transition:

When the time comes, try to spend quality family time together before your child moves out for college—take a vacation, share family dinners whenever possible—and help prepare your son or daughter for college life. Also, remember that it's not uncommon for parents to experience sadness or even grief when their child leaves home. Seek advice from other parents in your situation or an EAP counselor if you need support during the transition.

Talk to an EAP financial consultant or counselor today to begin planning for your child's future. **Call 24/7 for a FREE consultation.**

FOR MORE INFORMATION ON FINANCING EDUCATION, OR GRIEF OR ANXIETY REDUCTION, CALL YOUR EAP TODAY AND SPEAK TO A SPECIALIST.

EMPLOYEE ASSISTANCE PROGRAM

24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

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