

# RAISING BEARS WITH MRS. MILLER

## Episode 6: New Year, Real Emotions

### EPISODE SUMMARY:

In this episode, Mrs. Miller talks about why the first days back after a school break can feel emotional and overwhelming for kids. Parents will walk away with simple, realistic ways to support their child through transitions with calm, connection, and structure.

### KEY TAKEAWAYS FOR PARENTS:

1. Big feelings after a break are normal. Kids are not being difficult. Their brains are adjusting back to routines, expectations, and school demands. When we name and normalize those feelings, kids feel safer.
2. A slow, gentle morning helps everyone. A calm start with breakfast, connection, and a little extra patience sets the tone for the entire day. Even small moments of connection can lower stress.
3. Routines help kids feel secure. Visual schedules and checklists give children predictability, which reduces anxiety and power struggles.
4. Let kids have ownership. When children help decorate or set up their schedule, they are more invested and more likely to follow it.

### GENTLE REMINDER:

You do not need a perfect routine to have a successful transition. You just need consistency, connection, and a little grace for both of you.

### PARENT REFLECTION QUESTIONS:

1. How does my child usually show stress during transitions?
2. What small change could I make to our morning routine to make it feel calmer this week?
3. How can I validate my child's feelings without trying to rush them out of them?



### STAY CONNECTED WITH MRS. MILLER, SCHOOL COUNSELOR

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