

# RAISING BEARS WITH MRS. MILLER

## Episode1: Back-to-School Brains & Big Feelings

### EPISODE SUMMARY:

Back-to-school brings backpacks, new routines, and big emotions, for kids and grown-ups. In this episode, Mrs. Miller shares simple ways to ease the transition, validate your child's feelings, and bring more calm to your mornings.

If your child forgot how to wear shoes, cried over the color of their lunchbox, or declared the hallway was lava, you're not alone. Big feelings are a normal part of growing up, and this season is all about helping your little bear feel safe, seen, and supported.

### KEY TAKEAWAYS FOR PARENTS:

- 1.Name the Feeling: Try: "You're feeling kind of nervous about today, huh?" → Naming emotions helps kids feel understood and less overwhelmed.
- 2.Preview the Plan: Review the day's routine out loud, even if you've said it five times already. → Predictability creates emotional safety.
- 3.Stick with the Goodbye: One hug. One phrase. Walk away with confidence. Try: "You've got this, and I'll see you right after school." → Repetition builds trust and comfort.

### GENTLE REMINDER:

If mornings are messy, it doesn't mean you're doing it wrong. It means your child is learning how to be brave, and so are you

### PARENT REFLECTION QUESTIONS:

- 1.What parts of the morning are currently the hardest for my child?
  - a.Getting out of bed
  - b.Separation at drop-off
  - c.Transitions and routines
  - d.Other: \_\_\_\_\_
- 2.What emotions has my child shown lately about school? Try writing what they said or how they acted, without judgment:
- 3.How do I usually respond to those emotions? What's working? What might I change?
- 4.What's one phrase or routine I can add this week to help my child feel more grounded?  
Example: A morning mantra, visual schedule, or goodbye ritual



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

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