

BACK TO SCHOOL

Dear Parents and Caregivers of New Jersey,
As a new school year begins, it's a great time to check in on the mental health and well-being of your children.

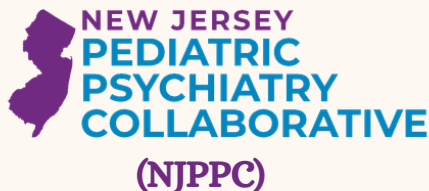
Transitions-whether starting a new grade, meeting new teachers, or adjusting to new routines- can bring excitement but also stress and anxiety.

As a parent or caregiver, you are in a position to notice early signs that a child may be struggling. Creating space for open conversations at home about their feelings, school experiences, and friendships can help them feel supported and understood.

Early intervention and emotional support can make all the difference in a child's ability to thrive academically, socially, and personally. Together, we can ensure every child enters the school year feeling confident, connected and cared for.

Warmly,

The New Jersey Pediatric Psychiatry Collaborative



**Ask your primary care
provider about the NJPPC!**

