

Helping your child with back-to-school anxiety

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Most kids are eager for the last day of school and the start of summer vacation. But this time of year, there are many students who might not look forward to returning to the classroom, in part because of separation

anxiety.

By the time the first [school](#) bell rings, some kids might have a harder time leaving home.

"Separation anxiety is not an uncommon problem to have and to be anticipating as we come into the new school year," says Dr. Tina Ardon, a Mayo Clinic family physician.

That's especially true for children attending a new school or starting school for the first time.

"I think one of our best tools for our kids is to be prepared and have open conversations about those things. And there's lots of ways that we can do that as parents: either showing them pictures of their new school, explaining to them what that new routine will be like, or see if that school or day care setting has opportunities for an open house or some type of safe gathering to be able to see that environment," says Dr. Ardon.

And if your child has a tummy ache and doesn't want to go to school?

"I always tell [parents](#) that they know their kids best. So if something just doesn't feel right, you listen to your gut. If there's something such as a fever, vomiting, diarrhea, that's a bit different than saying my tummy just feels a little bit off or it's just bothering me a little bit. So always listen to your own self in terms of your [kids](#) and how you feel about the situation," says Dr. Ardon. "But past that, if there aren't any acute symptoms, feel free to talk to your kid a little bit more about what else is going on in their life and then reach out to your doctor to see if further investigation is necessary."

Provided by Mayo Clinic

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